

45033/B.



Digitized by the Internet Archive
in 2019 with funding from
Wellcome Library

<https://archive.org/details/b30514551>

83342.

THE
COMPLEAT COOK,
MARKET WOMAN,
AND
DAIRY MAID.

By *JASSINTOUR ROZEA*,

Principal Cook to the late
CHARLES SEYMOUR Duke of SOMERSET.

*Dear Nelly, learn with Care the Cook'ry Art,
And mind the easy Precepts I impart.*



L O N D O N:

Printed for *W. Heard*, at the *Philobiblian Library*,
in *Piccadilly*; *J. Warcus*, at the *Indian Queen*, in
the *Poultry*, and *R. Richards* near *Barnard's-Inn*,
Holborn. 1756.

(Price 1s.)



A

TREATISE

O N

C O O K E R Y.

I N T R O D U C T I O N.

AS there are so many books on this subject extant, it may seem at first glance trifling to publish the following sheets. But as there are daily improvements made of every art, and particularly when founded on practice, there can remain little doubt, but that mine may share of this advantage.

Authors of this kind have had little esteem ; but, I think, without reason ; for nothing is more evident, than that good wholesome well-dress'd victuals, not only tend to the comfort and support of our being, but of our ever-being ; for, after we are dead in ourselves, we recover in our posterity another life.

The newest fashion and taste will be found to run through the whole work ; except a few old receipts, which, considering their intrinsic excellence and general esteem, ought to have a place in every system of cookery, and be propagated

from age to age. And I presume there are a great many things the better for being old ; for, as *Pope* says to Mr. *Wycherly*, there are three things he likes the better of being old, wine, a friend, and an author ; I think he might have added a fourth, plumb-porridge, our annual *English Christmas* fare ; a dish he liked so well to feed on, that he preferred it to most others.

It is a matter of dispute, whether the antients were not as expert cooks as we now are : for we read of *Nicomedus* King of *Bithynia*, having a desire for herring, and not being near the sea, his cook deceived him, by forming and dressing other fish to resemble them ; and of another who dressed a porker (or young hog) half-boiled and half-roasted, and stuffed with force-meat, without any visible sign where it was put in, or the intrails taken out. The incision was made under the shoulder, where he took the intrails out, and washed the inside with white-wine ; he stuffed the force-meat down his throat, and hung it before the fire on a string to roast, the one half of it in a pot of boiling water, and kept it turning till it was enough. The thing is practicable. Likewise a wild boar, the *Trojan* way, from the allusion of the *Trojan* horse ; the inside was stuffed with large turkies, geese, capons, pullets, chickens, pigeons, &c. till they came to so small a bird as a nightingale.

It is hard to say who were the first cooks : The *Babylonians* taught the *Egyptians*, the *Egyptians* the *Persians*, the *Persians* the *Greeks*, the *Greeks* the *Romans*, the *Romans* the *Italians*, the *Italians* the *French*, and the *French* the *English*.

I have made the work to suit all degrees of people. I have studied a simple, natural, and frugal method of dressing meat for the tradesman; a more expensive and delicate for the richer sort; a third still more delicate suiting the most sumptuous table.

The work, at first sight, may perhaps bear the appearance of some others which are already published: But if any one will please to examine narrowly, they will find that it is quite different; and I can safely say, I have no part of it from any author, but the whole is the result of my own practice. I have served under the best masters, *French, Italian, and English*; and my first instructor is now one of the *French King's* principal cooks. I still maintain a correspondence, both foreign and domestick, with the most eminent of my profession. It is from this source, and twenty years practice, I have drawn the substance of this work.

The rules that are here established have been approved of by people of the first rank in the kingdom, in whose families I have had the honour to be employed; as the Dukes of *Somerset, Montrose, and Roxburgh*, the Lords *Hervey, Edgcombe*, and the Earl of *Hopetoun*, with whom I am at present.

Besides all the branches in cookery, I have added those in confectionary: to which is prefixed the duty of a *Maitre d'Hotel*, or Clerk of the Kitchen, the *compleat Market-man*, with divers other curiosities; and instructions for good house-wives, as the best *English* method to manage a dairy, poultry, meat kept sweet a long time

time in Summer, provisions and bills of fare for all the months in the year, with several proper for parliament-dinners, and the best method of keeping meat back when your guest does not come at the appointed time.

I presume this work may be of use to many of my profession ; but to those who are eminent proficients, I pretend not their information. As my design is not to offend any, but to please the publick, I flatter myself these endeavours will be received with candour : And as to the would-be-criticks, they should be no less capable of doing harm, than they are of doing good.

DIRECTIONS for a *MAITRE d'HOTEL*, OR CLERK OF THE KITCHEN.

Which comprehends in most Families House-Steward.

A Person who is desirous to serve in this capacity, should have the following qualifications : Sobriety, honesty to his Lord, and humanity to the servants ; he should neither be so young as to be giddy, nor so old as to be superannuated ; he should write a legible hand, and understand accompts ; be well acquainted with what belongs to a kitchen, both as to the well-dressing of victuals and marketing, (for the help of which I have wrote the compleat *Market-man*) ; he ought to be grave in his manners and apparel, courteous to all according to their degree, humble and submissive to his Lord and Lady, remembering that example has a better effect

effect on the inferior servants than any one thing beside ; he should be careful in looking after them, that every one performs their duty in their several places ; that they rise at a proper time, the same in going to bed ; he ought to be very judicious in his orders ; for on this depends his being regarded or disobeyed ; he should take care that no goods in the kitchen or out of it should be spoiled or embezzled ; and should, in coming into his office, take an exact account of whatever is delivered into his care, seeing that the kitchen furniture answers exactly to the inventory. In the inventory, there should be a distinction made of the things in *good*, *indifferent*, and *bad* repair. His employment will greatly differ in the country from the town ; so that knowledge of the produce of a kitchen-garden, will be of infinite service for the numberless little dishes it produces, which both helps to fill up a table with credit and honour, and, at the same time, saves expences : he should know something of the management of poultry, that he might judge the better whether they who have the care of them do their duty, and to help their ignorance. I have for this purpose wrote a short treatise on the breeding and managing of poultry.

The house-book should be kept in such a manner, that his Lord or Lady may be informed, at one view, what provisions have been spent, and what remain : which is done by making three columns, *Charge*, *Spent*, *Remains*. When he is in town (as well as in the country), he should always see the meat weighed, and take notes of the same ; be early at market, and not take o-
thers

thers leavings. He should understand making of bills of fare, the seasons for flesh, fish, fruits, herbs and roots, the well-disposing of the dishes for his own credit and master's honour ; which should be so contrived, as not to have two of a sort near one another, but so as every one may be helped to what they like. On the back of the bills of fare, should be wrote all the provisions in the wet and dry larder ; which will be of great service to him, or his Lady, by helping their memory in case of alterations. The old bills of fare should be kept, in order that when his Lord has the same company, he should vary their dinner, unless it be some particular dish which he heard them much commend. Lastly, at an entertainment, he should be careful to instruct those well who wait at table, to prevent confusion ; to give out every thing for the kitchen in good time ; to acquaint the cook publicly of what is commended at table, and privately, in a friendly manner, of any fault.

These things carefully observed, will inculcate into the belief of the person he serves, that he is able to govern a family well.

The Compleat Market Man.

WHerein is shewn the best and easiest method, for chusing all kinds of provisions, by which you may avoid being imposed on.

Of

Of beef, and the method of chusing it.

If it be right *ox-beef*, it will have an open grain ; if young, a tender and oily smoothness ; if it feels rough and spongy, it is old, or inclining so to be, except the neck, brisket, and such as are very fibrous, which, in young meat, will feel, and appear more rough, than in any other part : the good spending meat, is of a carnation pleasant colour, as to the lean ; the suet and fat of a curious white ; the yellowish is not so good. An ox is in his prime at seven years old, or when he is a little past his growth, and should be killed while he is growing forward in flesh and fatness. *Grass-beef* is most in season from the middle of *June* to *Michaelmas* ; and fed beef all the year. An ox eats best after he has been sometime exercised in the plough or harrow, which dispels his foggy moisture.

Cow beef, if a maiden, well-pastured, and kept to her full growth, will eat very well ; it is less boned, and closer grained than the ox ; the fat whiter, but the lean somewhat paler ; if young, the dint you make with your finger, will rise again in a little time ; if old, it will remain so.

The French manner of killing beef.

When the cow is struck down with the ax, presently they lay her on her back, and make a hole about the navel, as large as to receive a swan's quill ; through which the butcher blows wind, so long till the whole skin swell round about like a bladder to such a degree, that the beast seems of a double bigness : then, while

one holdeth the quill, and bloweth continually, two or three others, with wooden cudgels (or sticks) beat the cow round about, as hard as they can; which beating never bruiseeth the flesh (for wind is ever betwixt it and the skin), but maketh both the hide to prove better leather, and the flesh to eat much tenderer, than otherwise it would.

Bull beef is of a closer grain than the other two, a deep, dusky red, tough in pinching; the fat, skinny and hard, having, upon scenting, a ramish, rank smell; if young, by indenting your finger, it will presently rise again: if it be stale, it will be clammy and of a very bad scent; if it be bruised, those places will look more dusky or blackish, than the rest; for the settled blood would not evacuate the killing. A bull eats best after being baited of dogs; because violent heat and motion attenuates the blood, dissolves the hardness, and makes the flesh softer to digestion.

A list of all the joints, &c. of a bullock.

First, the head, which, being slit or boned, is called the ox-cheek. Next, the tongue, and palate. The inwards are, the kidneys, sweet-breds, skirts, and tripe; of which there is the double, the roll, the reed, honey-comb, and the dish-clout-piece, so named from its retaining a worse colour than any of the rest.

The

The best method for making, managing, and ordering of tripe.

You first wash the paunch in several cold waters ; put it into a large copper of boiling soft water, where let it remain boiling for three quarters of an hour ; then take it out, and put it into a large quantity of cold spring, or hard water ; let it stay only three minutes ; take it out ; and, with a knife, take off all the skins, and scrape till it be quite clean ; wash it in cold water again, and have ready fresh, soft water boiling ; put in the paunch, and let it boil three quarters of an hour ; take it out, and put it into cold spring water again, and there let it remain till you can shift the water it was boiled in, and make more boiling ; repeat this twice more in the above manner, which is called blanching of the tripe ; and, at the last time, let it boil (covered) very gently, till it is quite tender. It is apt to rise on the surface of the water ; to prevent which, you must put some weighty thing to keep it down, as a heavy beef fork, or the like ; let it cool in the liquor it was last boiled in. The blanching of it, and putting it into cold spring water so often, whitens, sweetens, and causes it to shrink up and be thicker ; it keeps best in cold, hard, clear water, with a little salt ; but always boiled in soft water.

The head, cheek, and palate, are stewing pieces. The tongue, when fresh, is roasted ; if salted or pickled, is boiled ; and sometimes boiled and roasted. Indeed the fresh tongue is generally half-boiled before it is roasted.

From

From the fore-quarter, you have but two roasting pieces, the chine and ribs. It is but in few places that beef-chines are cut. You may make two or three roasting pieces of the ribs, which depend on the size of the beef, or largeness of your family. Those which are nearest the neck are called the chuck-ribs. Joining to the ribs, you have the upper and lower brisket; which last has several names besides brisket, as, nine-holes, plate-piece, &c. The shoulder, after having the shin cut off, is generally cut in two, and makes boiling pieces, for the family's use; the shin is used for soupe. The chine is reckoned by many to be the best roasting joint about the whole bullock, by reason of its quantity of bones, which keep it moist; it is cut from the thickest part of the ribs, the whole length. In cleaving the ox, this side is left larger than the other. You can have but one chine out of an ox.

Out of the hind-quarter, you have three roasting and three boiling pieces, with the leg for soupe: after which comes off a piece called a mouse-buttock; next follows the round, each bone, rump, chump, sirloin, and flank.

This is the method of cutting up a bullock. When he is very large, you may cut more pieces, as the clod, sticking, and veiny piece; which last is the best of the three. Different butchers and countries have their own ways to cut up beef, and give their joints such odd shapes, that I have been often at a loss to know where the joints have been cut from.

A cow's udder must not be forgot; for it makes a most excellent dish with the tongue. Lastly, the pith, which lies in the back-bones, makes a pretty second-course dish. The cowheel is but seldom seen at the table of the polite; the whiter they look, the better; as to their being fresh or stale, your scent must be your guide; they have a clammy feel, and are ill-coloured when they are stale.

Veal. The signs of its being fresh or stale, are, if the bloody vein in the shoulder looks blue, or of a bright red, it is new killed; but, if blackish, green, or yellowish, it is flabby and stale; if it has been wrapped up in wet cloaths, (to prevent these bad signs) you must inform yourself, by the scent, whether it be musty, or not; the loin first taints under the kidney, and the flesh of veal, if stale killed, will be very soft and slimy. The breast and neck taints first at the upper end, and you will perceive some dusky yellowness or greenish appearance. And the sweet-bred on the breast will be clammy. If none of these symptoms appear, it is fresh killed. The leg is known by the stiffness of the knuckle-joint, if new; but, when it is stale, it will be limber, and the flesh feel clammy, with little green or yellowish specks. For the head, mind the eyes; if they be sunk or wrinkled, it is stale; if plump and lively, it is new and sweet. The flesh of a bull-calf is redder and more firm of grain than that of a cow-calf; and the fat more hard and curdled; is larger boned, and, on the leg, you distinguish whether it be a bull or a cow-calf, by the udder: but you must look very narrowly
into

into this, otherwise you may be deceived ; for some butchers have the art to make the leg of a bull-calf resemble that of a cow-calf. All the joints about a calf, are, or may, with propriety, be roasted, and most of them boiled. Note, a cow-calf is the best. The fore-quarter makes three distinct joints ; and from these come the knuckle and craig, which is the bloody end of the neck. The shoulder is seldom boiled or seen at a Nobleman's table ; the neck is delicate, either roasted or boiled : the breast is commonly roasted, and greatly admired for its juicy griffels. These are the three joints. The fore-quarter contains, shoulder, neck, and breast ; the hind-quarter has a better knuckle than the fore-quarter. We make but two joints in the hind-quarter, the leg and loin ; the loin is always roasted : when the knuckle is cut from the leg, it is called a fillet, and is often boiled, but mostly roasted. I take the loin to be the best roasting-piece in the whole calf ; for the fat of the kidney keeps the fleshy part moist and delicious. The inwards are, the pluck, which contains the milt, heart, liver, and lights, the throat, and heart-sweet-bred, which last is the finest ; and the froise or chaldron, which is some times roasted, but is best stoved : the sweet-breds are a delicious morsel, and are generally roasted ; the liver is sometimes roasted ; and the heart, lights, and liver, roasted together, is called a calf's hailet ; and the head must not be forgot ; but more of this in its proper place. The feet are used for jelly, and often stewed.

The

The *Italians* are so in love with *veal*, that they call it *vitellam*; that is to say, their little life; as tho' it gave not only nourishment, but also life to their dry bodies.

Six weeks is a good age for a calf; for then the flesh begins to be firm, and void of its superfluous moisture. It is said, the *Romans* let their calves suck from six to twelve months; and took great care they had no other nourishment but from sucking the cow. A *calf* should be bled three times, in the last ten days it has to live. A calf is much the better of having chalk to lick; for this causes drouth, and makes him take a larger draught; by which he becomes whiter, and fatter than otherwise he would. A calf should be suckled three times a day, and have plenty of clean straw.

*Mutton; the signs whether it be fresh or stale,
young or old.*

If young, the flesh will pinch tender; if old, it will wrinkle and remain so; if young, the fat will easily part from the lean; if old, it will stick by skins and strings. The fat of *ram mutton* feels spongy, skinny, and hard; the flesh close-grained and tough, not rising again, when dented with your finger. The flesh of *ew mutton* is paler than that of a *wedder*, has a closer grain, and parts easier. When there is a rot among the sheep, their flesh looks of a palish colour, and the fat of a faint whitish, inclining to yellow; and the flesh will be loose at the bone; if you squeeze it hard, some drops of water will stand up like sweat: as for newness or staleness,
the

the colour and scent will inform you best. The head of a sheep is not much regarded in *England*, except that part of it, the tongue; the fore-quarter contains the neck, breast, and shoulder; the two first are often boiled and roasted, the last seldom but roasted; the hind-quarter is the leg and the loin, and are both called roasting joints; the leg is indeed as often boiled as roasted; the trotter or feet, are in much esteem; in *Scotland* they are singed, with the head, to make barley-broth with, and is a dish, when well and cleanly dressed, fit for any Nobleman's table; this, and a sheep's haggels, which is made of the pluck, &c. will not be forgot, in its proper place. The best mutton is about four years old; that which is fattened from a short, hilly, and dry feeding, is more sweet, short, and wholesome, than that which is either fed in rank ground, pease straw, or turnips, as we perceive by the taste: great, fat, and rank-fed mutton, such as *Somerset* and *Lincolnshire* sends up to *London*, are nothing so short and pleasant, in eating, as the *Norfolk*, *Wiltshire*, *Scots* and *Welsh* mutton. The younger mutton does best roasted, and the older boiled.

House-lamb; the signs thereof.

In the fore-quarter, mind the neck-vein; if it be an azure blue, it is new and good; but greenish or yellowish is a sign of its being near tainting, if not tainted already; the hinder-quarter you may scent under the kidney, and try the knuckle if it be limber or stiff; which being limber, and under the kidney a bad scent, is a sign of its being stale. The sign of the head being fresh or stale,

stale, is known by the eyes ; if they be sunk or wrinkled, it is stale ; if plump and lively, it is new, and sweet. The head of a house-lamb, with the pluck, feet, and ears, is reckoned a genteel dish ; the fore-quarter is generally roasted whole, and often in joints ; the neck and breast, when not separated, are called the ribs, which are frequently roasted, and sometimes boiled ; the shoulder is very rarely boiled ; the hind-quarter contains the leg and loin, which is good either roasted or boiled ; the leg is oftener boiled than the loin. The butchers sometimes cut *chines* of lamb, which are cut like those of mutton, and is no more than the two loins together, uncloven, which make a genteel appearance, when roasted. Note, When a calf is small, you may cut a chine in the above manner.

The *French* roast the hinder half of a lamb, and call it *rôt bœuf d'agneau*, which signifies a large roasting joint of lamb.

Delicate dishes are made with lambs, sheeps, and calves rumps ; not forgetting the lamb's frye, which is composed of several nice parts of the inwards, as the sweet-bred, kernels, skirts, liver, &c.

Lamb was much esteemed among the antients. *Philachorus* is recorded to have made a law, that the *Athenians* should eat no more lamb's flesh ; not because they thought it too tender a meat for mens stomachs, but for this reason ; the people found it so wholesome, pleasant, and nourishing, that every man desired it above all meats, in such sort, that, had not the eating
C of

of them been restrained, by a severe law, the whole race of sheep would have decayed amongst them. The polite give the preference to house-lamb, but certain it is, that grafs-lamb is by much the wholesomest meat ; for the flesh of it is not of so flashy and moist a nature as that of house-lamb. After a lamb is once weaned and fed on short, tender grafs, for half a year, it is then of all other flesh simply the best ; and we read of the blessed sacrament in the Old Testament, that a lamb of this sort was thought the purest, most temperate and nourishing of all meats.

A method for managing and ordering of house-lamb ; which, if well observed, you will have fine white fat lambs.

As soon as they are come from their dames, bring them into the house, and make little pens for them, a little manger for some of the best white oats, and give them clean straw every day ; suckle them three times a-day : they should not lie against any brick or lime-wall, for that will spoil their colour ; if you have the opportunity of two ewes to a lamb, it will make it very good in six weeks time.

P O R K. *The method to know whether it be young or old, fresh or stale.*

If it be young, the lean will break in pinching betwixt your fingers ; also, if you nip the skin with your nails, if it will receive, and enter into the skin ; it is a sure sign of its being young, if the fat be soft and pulpy ; but, if the lean be
tough,

tough, and the fat flabby and spongy, feeling rough, it is old ; especially if the rind be stubborn, and you cannot nip it with your nails ; if a boar, tho' young, or a hog gelded at full growth, the flesh will be hard, tough, reddish, or ram-mish of smell, the fat skinny and hard, the skin very thick and tough, and pinched up, will immediately fall again. To know whether it be stale or fresh, try the legs and springs, (which last is part of the shoulder) by putting your finger under the bone, and, if it be tainted, you will there find it by smelling to your finger ; besides, the skin will be sweaty and clammy when stale ; but cool and smooth when new : if you perceive little kernels in the fat of pork, like hail-shot ; if many, it is measly and dangerous to be eaten.

Of the different joints and inwards of a hog.

The haslet is composed of the liver, lights and crow-kidney, heart, skirts, and sticking piece, next the chiterlins and guts which are cleaned for sausages. The fore-quarter contains the fore-loin and spring ; a large hog will admit a spare rib to be cut from these, which is seldom dressed any other way than roasted ; the hind-quarter contains the leg and loin, which last is always roasted. A hog, for bacon, is cut different, on account of the hams, as also for pickled pork ; and, when this happens, you cut fine large spare ribs, chines, and greskins, and fat for hogs lard ; the head, feet and ears do finely boiled and soufed ; pork comes in at *Bartholomew-tide*, and holds good till *Lady-day*. The best feeding
for

for hogs at first is grafs; and, when you take them in to fatten, let it be with acorns, pease, whey and corn; which laſt I prefer; and the laſt fortnight, they ſhould be fed on nothing elſe; for this will abundantly contribute to make their fat and fleſh firmer than any thing elſe you can give them.

Pork, veal, and houſe-lamb; of theſe chuſe the whiteſt. Hog-fleſh is ſaid to give much nourishment, and is very pleaſant to the taſte; and yet we ſee the *Jews*, *Moors*, *Tartars*, and *Turks* refrain eating of it.

Pigs; the method of chuſing them.

The preference is given to a ſow-pig of the ſmall black kind: the tets on the belly diſcover the difference from that of a boar-pig; look into the inſide of the belly to inform yourſelf of the whitenefs of it, and to the neck for the fatneſs; which, if fat, will have a ſhort, thick neck, full as thick as it is long. *Pigs* are eat of all ages; but, among the polite, we ſee them dreſſed, from nine days to a fortnight old.

To try a ham whether it be good or not, thruſt a knife under the bone that ſticks out; and, if it comes out, in a manner, clean, and has a curious flavour, it is ſweet and good; if, on the contrary, much ſmeared, and dulled, and has an ill-flavoured, mooriſh ſmell, the ham is tainted or ruſty.

As for *bacon*, at the gammon part, try them the ſame way; and, for other parts, try the fat, if it be white and firm, and do not break or crumble, and the fleſh ſticks well to the bone,
and

and is of a fine colour, it is very good ; but the fat yellowish, or breaking into crumbles, the lean whitish, having some streaks of yellow in it, it is rusty, or will be so in a little time. If bacon gives much in moist weather, and becomes flabby and soft, it has been well cured and dried ; and, if not quickly made use of, it will rust.

The method of chusing butter.

Your taste must guide you ; but, if you do not buy constantly of one person, perhaps your taste may beguile you ; but, if you suspect any thing, take not the taste they give you ; for that is often a piece of good butter patched in at the end ; but taste in the middle, so they cannot well deceive you, if your palate be good. This trick is only practised among the higlers.

To chuse cheese.

If the large old cheese be rough coated, rugged, or dry on the top, it is a good sign ; beware of weazels, little worms or mites ; if it is full of holes, moist or spongy, it is subject to maggots ; if any soft or perishing place appear, on the out side, try how deep it goes, for sometimes, where there is little appearance without, the greater part may be bad within.

The method of chusing eggs.

Hold an egg to the light ; if the white looks clear, and the yolk floats round in the middle of it, it is good ; but, if the white looks cloudy, the yolk sunk to the bottom, or be broken, it is not good ; hold the big end to your tongue ; if
it

it be warm, be sure it is new laid ; if cold, it is bad ; and so, in proportion to the heat or cold, so is the goodness of the egg : another way to know a good egg, is to put it into an *English* pint of cold water ; the fresher the egg, the sooner it will fall to the bottom ; if rotten, it will swim at the top.

The best method of packing up eggs for the sea, is to pack them so that they do not touch each other, the small end downwards, in sifted wood-ashes ; and, in this manner, they will keep good some months.

Venison ; the method of chusing it.

To know whether it be fresh or stale, try the haunches or shoulders under the bones, that stick out, with your finger or knife ; (smell) as the scent is sweet or rank, so is it new or stale ; and the like of the sides, in the most fleshy parts ; if tainted, they will look greenish, in some places, or more than ordinary black.

To recover tainted venison.

Wrap it up in a coarse cloth, and bury it in dry mould, two feet deep, for forty hours, and the taint will be near all taken away.

To know whether it be old or young, look on the claws of the foot ; if the cleft be very wide and rough, it is old ; if close and smooth it is young.

The season for venison.

The buck-venison begins in *May*, and is in high season till *September*. The *Doe* is in season

son at *Michaelmas*, and holds good, if fed, to the end of *January*.

Of the joints ; The fore-quarter contains the shoulder, neck, and breast ; there is no hind-quarter ; the haunch takes up most of the loin with it : besides these, there are some trimings, which are generally the park-keeper's perquisite, as the tongue, greskin and umbles. Deers flesh, which *Isaac* so much longed for, is thought, by some, the best, and, by some, the worst of meats ; it is very bad and unwholsome in rutting time.

The method of chusing tame fowl.

Chickens ; Chuse the whitest and fattest ; if chickens be new-killed, they will be stiff and white, and firm in the vent ; but, if stale killed, it will be limber and green in the vent ; chuse them dry pulled ; for they will roast best. Chickens are best in Summer ; and pullets and hens best in Winter. Cock-chickens are best before they crow ; and hen-chickens before the cock treads them ; the game sort have the finest flavour, but their flesh is somewhat darker than the other.

A cock hath a red comb and red gills ; if he hath a short spur, not cut, nor pared, and fat, he will eat well ; if stale, he will have an open vent ; but, if new, a close, hard vent : some think the best part of a cock is his comb ; and is so, if he lives to the age of two years ; for, then, his flesh turns brackish and tough. These of the game are best, especially for consumptive people. The *Romans* called them, *medici galli*,
cocks

cocks of physick ; because the physicians most commended them. A cock is a creature extremely lascivious ; the frequent dissipations he makes, by the great heat, in which he continually is, causeth his flesh to be dry, and hard of digestion ; he has but little flavour, by reason that all his spirituous and balsamick particles are evacuated.

Hens, before they have laid eggs, are called pullets : *January* is the high season for pullets with eggs, which you may know by her soft open vent, and by her red comb : if she be old, her comb and legs will be rough ; if young, smooth. Chuse the fattest and whitest. Hens are best, just before they are ready to lay, and yet are full of eggs ; they hold good all the cold months ; because long rest and sleep, in the long nights, make them then fattest.

On the excellencies, &c. of the flesh of pullets.

It is generally believed, that fat pullets, when young, are a very temperate food, of good juice, and much nourishment, strengthening natural heat, engendring good blood, sharpening dull appetites, quickening the eye-sight, and nourishing the brain : they agree with all ages and complexions ; for they are neither so hot as to turn into choler, nor so cold as to turn into phlegm, nor so dry as to be converted into melancholick, but turn wholly, or for the most part, into blood, making a lively colour in the face, and quickeneth both the eye-sight and every sense. Pullets flesh is sweetest when they are not too much fed, as the barn-door sort, which
dig

dig out their meat, with their heels, in some clean place, where they have plenty of room and fresh air ; those that are kept in coops are nothing so sweet ; for as jaylors smell of the prison, so do they of their own dung.

Some antient authors have been so mistaken, as to aver, that fowls flesh has a secret property of causing the gout ; and we see, that this distemper rages most among those who feed on fowls flesh ; for the poor, who cannot get fowls to eat, are seldom troubled with this distemper ; not that I believe this distemper proceeds from eating of fowls, but rather from want of exercise.

Of a capon.

A good capon will have a fat, thick rump and belly, a fat vein under the wing, and on the side of the breast. If young, he will have a short, blunt spur, and smooth legs ; but, if old, he hath a sharp spur and rough legs ; but look narrowly for fear his spurs be not cut, pared, or scraped lesser ; and, if you mistrust his being old, pinch it on the breast with your thumb ; and, if it is soft, receiving the pinch easy, it is young ; but if hard, then it is old ; if it is pale about the head, and has a short comb, then it is young ; if red about the head, he is no clean capon ; if new, he will have a close, hard vent ; if stale, a loose, open one. Capons are of a right age, at eight or nine months.

On the excellencies of capons.

A capon, fed in the open air, on pure meat, is preferred by all physicians, old or modern, *Greeks* or *Latins*, before all meats; a roasted or boiled capon helpeth appetite, openeth the breast, cleareth the voice, fatteneth lean men, and nourisheth all men, restoreth sick men, hurteth none but the idle, tasteth pleasantly, digesteth easily; he is more solid than the flesh of pullets, more tender than cocks; not so dry as a cock, to be slowly digested; not so moist as a chicken, to be soon corrupted, but equally affected and temperate in all qualities, engendring much blood, and yet inoffensive; helpeth natural heat, without unnatural sharpness. The flesh of capons is so mild, temperate and nourishing, that it was thought, he must be desperately consumed, that capon-jelly would not recover.

Turkeys.

If a turkey-cock be young, he hath a smooth, blackish leg, and a short spur; but if he be old, he hath a sharp spur and red legs; when stale, he is dry footed, and his eyes are sunk in his head; but, if he be new-killed, his eyes will stand firm in his head, as if he were alive.

A hen-turkey; If she be old, her legs will be red, and will have a rugged grain; if full of eggs, she is soft and open-vented; if hard-vented, not full of eggs: she is preferred before the cock; her legs are not so coarse; as for newness and staleness, the same as the cock. And
the

the same for *turkey-poults* ; their age cannot deceive you.

On the excellencies of turkeys.

A turkey is a dainty dish, and worthy a Prince's table ; they were first brought from *Numidia* into *Turky*, and thence to *Europe* ; for which we call them turkeys. A turkey eats best in Winter, and should be hung at least three days ; their flesh recovereth strength, nourisheth plentifully, and agreeth with every person and complexion, except such as are of too hot a constitution, or inclined to rheums or gout.

Peacocks.

They are seldom used, except for great feasts, and more to make a shew, than for the goodness of the meat ; and, then, a pye will best suit the flesh of it. A pea-chicken is exceeding good meat, but must be dressed the day, or the day after, it is killed : they lay, set, feed, and bring forth their young of themselves, without any trouble to their owners.

Peacocks are, as poets say, the beloved birds of *Juno*, which none durst kill, in old times, for fear of that jealous and revengeful goddess's displeasure. Among the *Romans*, *Quintus Hortensius* is recorded to be the first that brought them to the table, whose commendations made them so desired, that, in a little time, a peahen's egg was sold for ten pieces of silver, and the carcase for twenty times as much. *Leo X.* that famous *Epicurean* Pope, caused their flesh to be made into sausages, for which he paid, every year, many hun-

hundred ducats. St. *Austin* writes of peacocks-flesh, that, in a twelvemonth, it corrupteth not, after it is dressed.

Geese.

If a tame goose has a red foot and bill, then she is old; if yellow, young; if new, limber-footed; if stale, dry-footed. A goose is in high season at *Michaelmas*; and a stubble-geese eats best, when it is between four and five months old: green geese are eat from one month to three; they are in high season in *May* and *June*; a green goose is scalded, whereas a stubbled goose is dry picked: and wild geese are in their high season in or about *December*; for new and stale, young or old, the same as the tame goose.

Swans.

When they are young, they are called fynets; and, if kept in a little pond, and well fed with corn, their flesh will not only alter its blackness, but also be freed of its unwholsomeness; they are generally skinned, and the flesh potted or made into pyes; they are much admired in *Muscovy*, and *East Friezland*; swans flesh was forbidden the *Jews*, because, by them, the hieroglyphical sages did describe hypocrisy; for a swan has the whitest feathers and blackest flesh of any bird: so the heart of hypocrites are contrary to their outward appearance: so that, not for the badness of their flesh, but for resembling wicked mens minds, they were forbidden.

Tame

Tame ducks.

When they are stale, their feet will feel dry; but, if new-killed, they will be limber-footed: it has a thicker foot than the wild duck, somewhat blackish, inclining to yellow. Ducklings are related to ducks, as chickens are to hens; they are always scalded; and, if you meet with them so, ready prepared in a poulterer's shop, rub your finger on the breast of it; if it feels rough, it is new killed; but, if it feels slippery or slimy, then it is stale killed: their age cannot deceive you.

Pigeons.

Dove-house pigeons, when new killed, feel stiff and firm in the vent; but, when stale killed, they are limber and green in the vent; if old, red legged.

Turtle-doves, for the most part, are white, and they have a blueish ring about their neck; after they are matched, and bred together, if one of them dies, the other will never match again with any other, but pine away, and die. The best way to kill pigeons is, to blood them to death under the wings, which makes their flesh more cold and white, infomuch that the *Italians* do as usually give them to sick persons of agues, as we do chickens. There are many different kinds of pigeons, too tedious to mention.

Wild fowl.

A pheasant-cock; If he be young, he hath a short, blunt spur; but, if he be old, he hath a small, sharp one; but observe narrowly, if it
be

be not cut or pared ; if it be fat, it will have a fat vein upon the side of his breast, under the wing ; if it be new, it will have a fast, firm vent ; but, if it be stale killed, it will have a green vent ; and, if you touch it any thing hard with your finger, it will peel.

The hen-pheasant, when young, has smooth legs, and her flesh of a curious grain ; if, with egg, she will have a fast, open vent ; for newness and staleness, as the cock.

On the excellencies of pheasants.

All physicians allow them to be one of the best of meats, and often prescribe pheasant-poults in hectick fevers ; and, upon recovery from a long or violent sickness, no meat more fit than pheasant-poults ; but strong stomachs, such as these of labourers and plough-men, by feeding on pheasants, fall immediately into sickness and shortness of breath.

Heath-cock and hen.

If young, they have smooth legs and bills ; if old, rough ; as for the rest, they are known as the foregoing.

Partridges.

Partridges are best and most in season at the end of harvest, before they have either trode or laid.

A partridge, if it be old, hath a white bill and blueish legs ; but, if it be young, it hath a blackish bill, and yellowish legs ; if new, it will have a fast, firm vent ; but, if stale, it will have

have a green vent, and will peel, if you touch the vent hard with your finger: if they have fed on green corn, and their crops are full, they will taint there; and, for to know this, open the bill, and smell at the mouth. A partridge of this sort is what the *French* admire.

On the excellencies of partridges.

Partridges have a temperate heat, but incline a little to dryness; they feed upon snails, chickweed, tops of leeks, and all manner of good and wholesome corn; they are never subject to pips, or rheumatick diseases, which maketh them live till they be almost twenty years old.

Woodcocks.

If it be fat, it will feel thick and hard in the vent, and have a fat vein upon the side of the breast; but, if lean, it will feel thin in the vent; if new killed, limber footed; but, if stale, dry footed; observe if it has a snotty nose or muddy throat, which is very bad; and you may know this by squeezing the throat. Woodcocks are best when they first come in, or rather a month after, when they have rested themselves after their long flight from beyond the seas.

Chuse a snite by the same rule as the woodcock.

Quails.

It is less than a pigeon, yet much larger than a lark; they are fine birds, when fat; the best come from *France* and *Germany*; they are fattened in large cages, and sold by *Germans* to the

the poulterers in *London*, who bring them from abroad.

Some authors imagine, that quails have a secret property of engendring the falling sickness, which certainly must be a mistake ; for we read, that, when the *Israelites* loathed manna, quails were sent them as the best and daintiest meat of all other : and, if some curious paraphrast would therefore say, it was the worst ; because, while the flesh was in their mouths, many thousands of them fell in the wilderness : but this is a mistake ; for it was not through the badness of the food, but their wickedness, lusting, and tempting of God.

Plover.

There are four kinds of plovers, the green, grey, stone, and a bastard plover, called a lapent ; the two first are the best ; when new, they are limber footed ; when fat, they feel thick and hard in the vent ; but, when lean, they feel thin in the vent ; when stale, they are dry footed : these birds keep sweet and good the longest of any in *England*. A grey plover has ever been in great esteem, and the antients have raised this proverb made on a curious and male-contented stomach ; A grey plover cannot please him.

A feldfare.

If she be thick, and hard in the vent, it is a sure sign of her being fat ; if limber footed, new killed ; but, if thin in the vent, and dry footed, then is she both stale and poor : they are
best,

best, when juniper berries are ripe ; for then all their flesh is perfumed therewith.

Blackbirds.

They are very seldom made use of in a kitchen, yet, by some, they are preferred before thrushes or feldfares ; in general, they are suspected to be a melancholic meat ; because they are never found but alone and solitary ; whereupon the *Latins* call them *Merulas*, that is to say, solitarians.

Larks.

They are of three sorts ; the kit-lark, wood and field lark : when any of these are fresh, they are stiff and firm ; but limber and flabby, when stale ; the feathers come off with the least touch, when stale ; the contrary, when fresh.

Wild duck.

When fat, she feels thick and hard on the belly ; but, if lean, she feels thin and soft on the belly ; if new killed, she will be limber footed ; but, if stale, she will be dry footed ; and, if it be a right wild duck, it will have a small, reddish foot.

Teal.

For newness and staleness, as the wild duck ; they feel thick and hard on the belly, when fat ; but, if they feel thin on the belly, then they are lean.

E

Hare.

Hare.

A hare will be white and stiff, if new and clean killed ; if stale, the flesh will be blackish in most parts, and the body limber ; if the cleft in her lips spread very much, and her claws are wide and ragged, she is old ; the contrary, if young.

Leveret.

A leveret, if she be new killed, will be stiff ; but, if stale killed, will be limber ; a right leveret has a small nobbed bone on the outside of her fore-leg, near the foot ; if, by stroaking your finger down her leg, you do not feel any, she is not a leveret, but a hare.

On the virtues of hares flesh.

It is said, that hares flesh prevents fatness, cleanseth the blood, and is very diuretical. The *Italians* generally believe, that eating of much hares flesh maketh a man fair, and merry seven days after ; for which purpose, perhaps they were so much in request among the *Romans*, that they bred them tame, as we do rabbits.

A rabbit.

If she is new killed, she will be stiff ; if stale killed, limber and slimy ; if old, her claws are very long and rough, and the wool mottled with grey hairs ; if young, the claws and wool smooth.

FISH.

FISH. The best method to chuse fish.

All those which have gills are known to be fresh by the colour of them ; their easiness or hardness to open ; their hanging or keeping up their fins ; the standing out or sinking of their eyes, and by smelling their gills.

Of lobsters.

The cock is generally smaller than the hen, and the shell more red ; he has no little spawn or seed under the tail ; if new, the tail will fall smart like a spring. To try whether it be full, open a bit of the shell, from the middle of the tail, and, if that be full of hard reddish skinned meat, all parts will answer it : observe if there be any plugs in their claws, and pull them out, to see if they be not filled with water instead of meat, and so the weight deceive you. The hen lobster is best, when the spawn lies in the body and not in the tail.

Pliny, lib. 9. cap. 3. writes, that, in the north-west *Indian* seas, there are lobsters taken of two yards length ; which cannot be so good or wholesome as ours, for the least is tenderest, and the middle-sized is best fleshed.

Of prawns, shrimps and crabs.

If stale, the two first will be limber, and have a kind of slimy smell, their colour fading, and they slimy ; a crab, when stale, will be limber in their claws and joints, their reddish colour turning blackish, and they have an ill smell under their throats ; if new, they will be good coloured, having a pleasant smell, and will be stiff
and

and sweet; the fuller of eggs crabs are, the better; the female is preferred; the high season for crabs is from *August* to *December*; the small sort are reckoned the best and wholsomest; but they last but a little while in season.

Sturgeon.

Good pickled sturgeon cuts without crumbling, even as wax; and, if the veins and grissels give a true blue where they appear, and the flesh a perfect white, it has remained good, and not made up from rustiness. The great and full grown sturgeons are better than the less; one thing is admirable in this fish, that, contrary to all other fish, the scales turn towards the head; yet, against tide and stream, it is said to swim fastest. *Severus* and his followers did so esteem sturgeon, that, whenever any great feast was kept, the chief Gentleman of his court carried up the sturgeon all over gilded with gold, attended with musick and carolling, as though a solemn pageant or saint's shrine were to be carried about the city.

Salmon.

When salmon is in full season, and is fresh, it will have these good signs, the scales of a beautiful brightness, interspersed with reddish small spots, the eyes full and not sunk in the head, the fins and gills stiff; when cut, it appears of a fine red; the female is distinguished from the male, by a longer and more hooked nose; its scales are not so bright, and the body is speckled over with dark brown spots, its belly is flatter,

ter, the flesh more dry, and not so red, nor yet the taste so delicious: salmon is most in season in Summer. It is very well known, that salmon uses the sea as well as the rivers; the first greatly helps their growth, and the last fattens them; and what is worth observation, is, that they are of a quicker growth than any other fish; for salmon is not only desirous of returning back to the rivers, but to that very river where it was spawned; which is evident by an experiment made by fisher-men and others, who have caught them when small, and have run a small ribbon, tape or thread through the tail-fin: by this mark they have been certain, they have retaken the same fish at the same place, as they returned from the sea; and, by this means, their quick growth has been discovered. The greatest quantity of salmon in *England* is found in the river *Lone* which runs through *Lancashire*, where they have such quantities, that the servants make it in their bargain not to eat it but twice a-week.

Pickled salmon.

The flesh feeling oily, the scales shining; and, if it parts without crumbling, and appears in flakes, then it is new and good; but, if contrary, you may suspect its having lost the pickle, and new made up.

Pickled herrings.

To try whether they be good, open the back to the bone; and, if the flesh be white, flaky, oily, and the bone white, or a bright reddish, they are good; but, if crumbling and brittle,
harsh,

harsh, and the bone black, or of a dusky reddish or yellow, they are not good.

Red herrings.

Carrying a good gloss, parting well from the bone, and smelling well, are good ; but, if they be of a yellowish muddy colour, rough and brittle, they are rusty.

To keep fresh fish sweet a long time.

They must be gutted and washed in hard water, then laid, one by one, on stones in a cool cellar ; the next day wipe them dry, and sprinkle a very little salt ; repeat this every day in a cool cellar : they will, in this manner, keep good a week.

To chuse fruits, &c.

As to the chusing of fruits, herbs, and roots, I think there needs little skill ; your own observation will soon inform you.

Lemons and oranges are chose without spot or blemish, heavy ; and thin rind roots by their clearness, free from being cankered or worm eaten ; and, when fresh, they are stiff.

Herbs and plants, when they are fresh, have a green, crisp look.

A TREATISE on the Management and Breeding of Poultry.

FIRST observe, that, if you do not keep your hen-roosts, cavises, and poultry-court clean, and free from vermin, all other pains you take will avail nothing. Always remember to feed your poultry in one place, and at particular hours ; for this will make your poultry familiar, which is of great service : take care so to contrive the perches they roost on, so as not to hang one over the other, nor over their nests, which always take care to have clean straw or hay in : a poultry-court is the better of having clear running water in it, grafs, rue, gravel, dry sand, or ashes ; and, if you have a pond in the middle of it for your ducks, sow the borders of it with parsley, it will give a fine flavour to your ducks : all these things are quite necessary to keep your poultry in health ; the fresh air, clear water, and gravel keep them free of the pip and rup ; the rue heals them, when sick ; and the dry sand or ashes cleanse them from lice. When you perceive a fowl drooping, directly take it away from the rest, for fear of infection ; examine it, and, according to its disease, so apply the remedy : for which purpose, here follows a description of most diseases incident to poultry, with the best method to cure them.

Of the pip in poultry.

The pip is a white, thin scale growing on the
tip

tip of the tongue, which in time will hinder them from feeding ; it is easy to be discerned and proceedeth generally from drinking puddle water, or want of water, or eating filthy meat.

To cure the pip in poultry.

With your nail, take off the superfluous skin that grows on the tip of the tongue, and rub the tongue with salt.

Of the rup in poultry.

The rup is a filthy boil or swelling on the rump, it will corrupt the whole body, if you let it run too far ; it is generally known by the turning of the feathers backwards.

To cure the rup in poultry.

To cure this distemper, you must pull away the feathers, and, with a pen-knife, open the sore, squeeze out the core, and then wash the place with salt and water, or rather with beef-brine.

Of the flux in poultry.

The flux in poultry is known by their dung, and proceeds from eating too much moist meat. The cure is to give them scalded pease-bran, and that will stay them.

Of stopping in the belly.

Stopping in the belly of poultry is contrary to the flux, so that they cannot move ; and, if not soon taken care of, will die. The cure is, to anoint their vents with butter or sweet oil, and then

then cram down their throats small bits of bread steeped in human urine.

Of lice in poultry.

If your poultry be much troubled with lice, which is very common, proceeding from corrupt food, or want of bathing in sand, or ashes; the *cure* for it is pepper beaten very small, which you must mix with warm water; wash your poultry therein, and it will kill all sorts of vermin, and do no harm to the fowls.

Of poultry being stung.

If they be stung with any venomous worms, or any venomous thing whatsoever, which you will perceive by their lowring and swelling; the cure is, to anoint them with stamped rue, and fresh butter mixed together, every morning and evening; but, if you can get green camomel to mix with your butter, and a very little vinegar, it will cure them much sooner than rue.

Of sore eyes in poultry.

The *cure* for sore eyes in poultry is, to take a leaf or two of ground ivy, and chew it well in your mouth; suck out the juice, and spit it into the sore eye; it will heal in three or four times doing.

Of hens that eat their eggs.

To prevent your hens from eating their eggs, lay a piece of chalk cut like an egg; at which she will be often a-pecking, and, losing her labour, she will refrain the thing.

To make hens lay oft, and all the winter.

If you feed your hens now and then with any of the following, they will continually be laying, or sitting all the year; rice, nettle-feed, toast taken out of ale, barley boiled, or scalded fitches.

It is best not to keep above seven hens to a cock. When you design to set a hen, (the time you will know by her clucking) do not put above eleven eggs under her. *March* is reckoned the best month to set a hen in; but, if they are well fed, they will lay many eggs, and set at any time. A hen sits twenty one days. As soon as your chickens are hatched, dip them all over in cold water, one by one, and out again as quick as possible; put them directly under the hen, and they will soon revive, be much hardier, less liable to cramps and colds, and much easier to bring up. The hen and chickens should be confined in something that lets in the fresh air; the chickens should have little holes to run in and out: there is hen-coops made purposely for this use, which has a neck of a yard long covered with net-work, to hinder the chickens getting over; mornings and evenings keep them close in this machine; and, if the middle of the day is not windy, but dry and fair, you may let them out, for the hen will find meat for them, better than any you can give; but, while they are up, you may give them bread crumbled, and half-ground barley to eat, with a very little water; which take away when they have done, or give them only what you think they can eat.

A

A method of breeding chickens after the Egyptian manner.

Take as many fresh eggs as you would have chickens, and I will suppose them thirteen ; put in an earthen pan, or wooden bowl, a layer of bran, four inches deep ; in this put your eggs, lightly covered with bran ; over all put a flannel ; set them on the top of an oven, which you must light now and then to keep up a continual heat ; the eggs must be turned three times a-day ; after they are hatched, you must get a hen to nurse them. This is very practicable, and has been often done in *England*. The greatest difficulty is to keep up one continued heat so long together ; for it will not perform unless the heat be equal.

Chickens.

To make them white and fat in a short time, their coops should be cleaned every morning, wherein you put fresh hay ; in the morning feed them with curd crumbled in their troughs ; after they have eat as much as they care for, take it away, and give them water to drink, which also take away ; about the middle of the day, give them some scalded barley-meal, which is made in this manner : put the meal in a tub or pan, pour on boiling water with a little kitchen-stuff, or skimmings of fat broth ; mix this so stiff that it will hold a spoon upright ; and, when it is quite cold, it is fit for use ; after they have fed on this, give them milk and water to drink, and take all away in the evening ; feed them again on barley-meal, and give them wa-
ter

ter just turned whitish with chalk : you need not allow them but ten minutes to a meal, both eating and drinking ; and always remember to take away their meat and water troughs. If the chickens were in health, when you cooped them, and were taken from corn-food, they will be ready for the spit in ten days ; if you let them stay ten days longer, they will be like skeletons ; to avert which, you should coop no more than what you think you shall use ; so have them, one under another. Where you keep their coops, there should not be much light ; the less the better. The *French* put out their eyes, with red-hot netting-needles, to keep them totally dark, which greatly contributes to their growing soon fat. If you cram them, make small crams of barley meal, prepared as above mentioned, about the bigness of one's little finger, smaller at the ends than in the middle ; dip them in milk and water ; keep the chicken's mouth open with your left hand, and, with your right hand, put the cram down his throat ; you cram them three times a-day ; the first meal give them but one cram, the second two, and the third three ; which number keep to till they be fat ; their drink must be given them like the other fed chickens. When you coop any poultry, do not give them any meat till they have been cooped for at least four hours ; for their stomachs should be sharp to cause them like their new food better than their old. A chicken pulls or scalds best, the minute after killing.

There are two ways of killing a chicken ; the one is, by drawing the neck bone, so that it
parts

parts a little from the head, without breaking the skin ; after this, you hold or hang them up by the legs, which causes the blood to come from all parts of the body in the neck. The other way is, to tie the legs of the chicken with pack-thread, being hung on a high hook, by the legs. With a penknife, cut the farthermost part of the roof of the chicken's mouth ; put the wings one in another quite behind the chicken, so that they cannot move ; for sometimes in fluttering, they break their wings : keep streaking the neck downwards to cause all the blood to come out of the mouth. When chickens are killed in this manner, they are generally designed to resemble turkey-poults, and are always scalded for that purpose.

Chickens boil best, when scalded ; but roast best, when dry-pulled.

The method of scalding a chicken or any other fowl.

First you kill the chicken, and put it into cold water ; then you have ready water scalding-hot, which must not boil ; but, just before you perceive it going to boil, take it off, and it is fit for use ; put your chicken out of the cold water into this ; let it be covered all over with water for a minute ; take it out, dip it into cold water, and out again directly ; begin to pull off the feathers from the wings, and, if they come off easy, you are sure the rest will do the same ; if the feathers do not come easy off, put it in the hot water again, and let it stay for two minutes : by this method, you may scald geese-gibbles or any poultry whatsoever. Chickens are best in Summer,

mer, and it is thought they are wholsomeſt roasted, they being a very moiſt meat, and for weak ſtomachs are very temperate; and I think no one would commend them for ploughmen and carters.

A cock.

Cocks fleſh is much admired by ſeveral of our Nobility and Gentry, being managed and fed in this manner; firſt, you get a parcel of cock-chickens, as near as you can of an age; keep them by themſelves, and diet them (in a place where they can have the freſh air) with milk and bread, and ſometimes wheat ſteeped in milk; being kept in this manner from the hens, till they be about a year old, they will be moſt delicious food, eſpecially for a conſumptive perſon; and then their ſtones, liver, and loins are beſt.

Hens

Before they have laid eggs, are called pullets. Hens fleſh is ſweeteſt when they are not too much fed, as the barn-door ſort, which dig out their meat with their feet in a clean place, where they have plenty of room. There are many different kinds of meat which fatten them; but the beſt way is, to let them fatten themſelves, with *pure corn*, mixed with *chaff*, that, by exerciſe of their legs, by ſhuffling and ſcraping, they make their fleſh to eat ſweeter and better, and prove more wholſome; for thoſe that are extremely fat, are not the wholſomeſt; but thoſe of a middling fatneſs. The ſame method
is

is used for fattening or cramming pullets, as was mentioned for chickens ; only the crams must be larger in proportion.

Capons

Of eight or nine months old, fattened in an open air, in a clean place, with pure meat, is certainly the best and wholesomest meat. The right time for making a capon is, when the cock is three months old ; which is performed in this manner : he must be held on his back ; pluck a few feathers from under the thigh, and make an incision through the skin, with a pen-knife, and instantly put in a steel hook, with which pull out his testicles ; sew up the incision, bathe it with sweet oil, and house him for all that day ; give him to eat, after this operation, barley soaked in warm water.

The French manner of fattening and cramming of capons.

Each capon must have a small cave for himself ; the room should be dark ; when that is inconvenient, they are blinded by putting red-hot netting needles into their eyes : their meat is barley meal scalded with hot water, that fat meat has been boiled in, pretty stiff ; roll up a great many pieces as big as horse beans, dip them in milk to make him swallow them ; in putting them down his throat, begin with the smallest quantity first ; and every day he must be fed three times, augmenting one of these small crams every meal till his crop can contain no more ; you must let him drink moderately ; once a week
give

give him gravel to pick at; put fresh hay or straw in the cage every day.

The English way of cramming capons.

Mix barley meal with new milk, like a paste or stiff dough; then make it into long crams or rolls, biggest in the middle, small at both ends; dip them in luke-warm milk, and give the capon a full gorge three times a-day, morning, noon, and evening; let his drink be water, which you take away when he has done drinking; in three weeks time he will be as fat as any man need to eat; observe that the crams must be made fresh every day, for fear of the milk sowing. A capon should be eight or nine months old, before you begin to confine him for fattening: the best food, before you put him up, is any kind of grain.

To make a capon nurse chickens.

There is a method of making a capon be of great service among young poultry; for you may cause him to take care, lead out, and feed chickens, ducklings, young turkeys, pea-chickens, pheasant and partridges, which he will do naturally and kindly; and, by reason of the largeness of his body, will brood or cover thirty or forty; he will lead them out safely, and defend them from kites or buzzards better than the hens.

The way to make him take the charge is, with a twig of fine small brier, or nettles, at night sting all his breast and lower parts, and then, in the dark, set the chickens under him; the warmth proceeding from the chickens taketh
away

away the smart, for which he will fall much in love with them ; but if ever he should prove unkind, you must sting him again, which will make him never to forsake them.

Turkeys.

A hen-turkey will lay till she be five years old : remember always to feed them near the place you intend they should lay ; in other respects, they should be managed as other poultry ; but are the better of being fed four or five times a-day, they being great devourers. When they are setting, they must have plenty of victuals before them, as water, barley, or oats. Observe the same method for the young turkeys (dipping in water) as the chickens : only in their meat you may chop some boiled green leeks, which is exceeding good for them ; they love it, and it keeps out the cold. They being very tender birds when young, makes it necessary to dip them in cold water, which will harden them very much, and keep them from cramps, to which they are very subject : it is the green part of the leek they like best.

To fatten turkeys.

The best way to fatten turkeys, is to feed them the first fortnight with boiled barley and oats, and then cram them for ten days, as you do capons.

To know when a turkey wants to set.

You must observe when she has done laying, and you will find her setting herself ; you must

G

embrace

embrace the opportunity, and put clean straw in her nest, and do not put above thirteen eggs under her. If she does not set kindly, shut her in, and take her out to feed three times a-day : the board or door you shut her in withal, must have holes to let in the air.

Young turkeys are very tender, and require close attendance ; yet they are very well worth our pains, for they are fit for a Prince's table.

Pea-hens and chickens.

They should be fed in an open air upon pure meat, as bread, corn and curds, which will make them very good meat, yielding not only a taste extraordinary strange and pleasant, but also good nourishment.

Of geese.

You will know when she wants to set, by her lying down in her nest, and not coming forth as usual. A goose sets 28 days ; you may put 12 of her own eggs under her ; when the goslings are hatched, dip them, one by one, in cold water ; immediately put them under the goose ; keep them within doors a week. Their meat is oat-groats, boiled with chopped green sprouts or lettuce-leaves ; and green pease boiled in milk, is very good food for them ; always feed them at one place, and at a stated time. Geese are but very little trouble, and not nice in their feeding, tho' they spoil the grass greatly insomuch that no creature cares to eat after them.

To fatten geese.

Bring them into the house, and confine them to very little room ; feed them for three weeks on oats with a little malt mixed with water three times a-day ; allow them ten minutes for every meal ; after which take away the troughs the meat was in ; acorns just boiled up in small beer will fatten them surprisingly fast.

Ducks.

They are to be managed in the same manner as the geese ; they begin to lay in *February* ; you should contrive to have their nests as near the water as possible, near which always feed them ; it is good to sow parslly round about the pond, for this will make them eat pleasantly ; they should be kept in a poultry-court, and not let out to roam about, for then they feed so filthily upon frogs, toads, mud, water, spiders, and all manner of venemous and foul things which must certainly make their flesh too hot, too moist, hard, gross, slow of digestion, and very excremental ; and the best part of such a duck as this, will be his feathers. So I advise to have them kept and bred in a clean poultry-court wherein is a little pond ; and when you want to fatten any, confine them to little room in a place where they can get the fresh air ; let them have clean straw every day ; you may feed them with half-ground malt and cheese-curds, and give them chalk and water to drink ; feed them three times a-day, and take away their meat and water when they have done ; give them one meal of nothing but gravel mixed with

a little water ; this will make them both white and fat in twelve days ; soft in flesh, giving much good nourishment ; by which we may see, that art and diet can make that wholesome, which nature itself has made hurtful.

To mew or feed partridges.

For this purpose, you must provide your partridges a room, in the corners of which should be little boxes for them to run in and out ; in the middle of the room must stand three wheat sheaves, two with their ears upwards, and one with the ears downward, and near unto them shallow tubs of water, that they may easily drink out of the tubs, and peck the ears of corn with pleasure ; by this manner of feeding, they will be as fat as possible.

To mew or feed pheasants.

Observe the same rules as for the partridges.

To mew or feed quails.

Put two or three dozen into a long flat, shallow box ; the foremost sides must be set with round pins, so thick that the quails can do no more than put out their heads ; before this must stand one trough full of wheat, another with hemp seed, and a third with water : thus fed, they will be fat in two or three weeks time.

To feed blackbirds, thrushes, feldfares or any other small birds whatsoever.

Being taken wild, and old, it is good to have some of their kind to mix among them ; put them

them in great cages three or four yards square, placing therein divers troughs, some filled with haws, some with hemp-feed, and some with water, that the tame teaching the wild to eat, and the wild finding such change and alteration of food, do eat greedily, and make themselves fat in twelve or fourteen days, so as to be fit for the spit.

Provisions in season for the Month of JANUARY.

Fish-monger.

Cod, thornback, maids, brawn, sturgeon, cockles, mussels, gudgeons, smelts, perch, holeberts, chubs, pike, mullets, tanch, carp, salmon, whittings, lyng, weavers, herrings, sprats, dabs, and eels, shrimps, lobsters, cray fish, and oysters. Some of these are rarities in this month, and not to be had unless the weather prove mild.

Poulterer.

Turkeys, capons, pullets with eggs, fowls, chickens, geese, hares, rabbits, and all kind of wild fowl, as woodcocks, snipes, partridges, feldfares, larks, plover, ducks, teal, easterlings, and pheasants.

Butcher.

Butcher.

Beef, veal, lamb, mutton and pork.

Green grocer.

Roots, *Jerusalem* artichokes, carrots, beet-roots, *French* and common turneps, parfly-roots, parsnips, scorsonary and falsify, horseraddish, potatoes, onions, leeks, garlick, shalot and rocambole.

Herbs.

Parfly, thyme, winter-savory, sweet and pot-marjoram, mary-golds, sweet basil and dried tarragon; *Spanish* chardoons, fellery, endive, water-creffes, sage, beet-leaves, spinage, favoys, red cabbage, and brown kail. If the weather is mild, you will have chevile, burnet and lettuce.

Fruit.

Apples, pears, medlars, quinces, *China* and sweet oranges, limons, chesnuts, and perhaps a few grapes. All these may be had at the green grocer's in *London*, or at *Covent Garden*, where you may have almost any thing of the garden-tribe, if you will come up to the price.

Having given an account of the provisions in season for this month, I shall proceed, in shewing you the best, and easiest method how each of them may be dressed, in a very plain, easy, and familiar manner; in which, I hope no one will blame me for repetitions and simplicity of style; for, through the whole work, I shall suppose

pose my reader to be quite ignorant of every method and manner of dressing of meat. But if any of my profession are offended at the repetitions, &c. proceeding from their not having the same doubts as a young practitioner; let them remember, I write for the instruction of the unexperienced, where nothing can be too plain; and if this does not satisfy them, let it be their business to write so as few or none can understand them; mine to be understood by the meanest capacity.

In the next number will be inserted, *The best manner of managing a dairy after the English manner.*

Jus Sorbitio, Broth.

Broth is the soul or source from whence most kitchen work proceeds. I don't doubt, but there will be some of my readers who would reject the most curious and most delicious broths, which will presently follow, and are now in vogue in all the courts of *Europe*: these, I say, perhaps had rather sup a few of *Goody Stiles's* making, than all the fine juices that ever was made or could be invented; I being a favourite with this old touch, she readily let me see how she performed this mess, which is very simple and natural, and for which it is not at all the worse. I therefore shall begin with this broth first: only permit me to say something which will be very necessary to be remembered, *viz. The method or rules to be observed in making of broth.*

The

The greatest perfection one can attain to in making of broth, is to have it very clear, and that nothing predominates, but should have a fine agreeable relish according to what it is designed for: tho', I say, nothing should predominate in broth, which indeed is a general rule that ought to be observed, but not without its exceptions; for sometimes it is made to mix with particular sauces and ragous, which often require one ingredient to predominate. If you blanch the meat, your broth will certainly be the clearer; the word blanching means to par-boil.

The manner of blanching meat.

Wash the meat, and put it in boiling water, where let it boil for three minutes; take it out, and put it into cold water; wash it, and take it out in a callender to drain; being drained, with a clean coarse cloath wipe off any scum or filth that may remain on the outside of the meat, and remember, this is called, blanching.

Before you begin to make broth, care should be taken, that the pot or sauce-pan, and cover is well cleaned and tinned, the water should be clear, of no ill taste, and cold; that is to say, when you make broth, the meat is put in the pot, and on it you pour cold water; for by this means more scum will rise, than if you took hot water to make your broth. The slower your fire, or the longer the pot or sauce-pan is of boiling, the more scum it throws up; and the more scum you can cause the broth to throw up, the clearer your broth will be; for the impurity
of

of the meat, by slow boiling, indenses, and then rises on the surface of the broth, by reason of the gradual movement caused by the heat at the bottom. The slower the broth is boiled, the better; and the meat the tenderer: never put in seasoning till the broth is thoroughly scummed.

A rule for scumming of broth.

Let the fire be clear, and of an equal heat, as near as you can. The pot or sauce-pan should be half on the fire, and the other half off. Which will have this good effect, that when the scum rises, it will all come to that side which is off the fire. Keep it close covered till it is near boiling; take the cover off, and do not begin to scum till the minute you see it going to boil; then take off the scum as fast as you can: after which put in a little cold water; take off the scum again; and then put in salt, which will cause more scum to rise: being taken off, put in your roots and seasoning, the coldness of which will keep the pot from boiling a little; and cause still more scum to rise, which also must be taken off. It should be observed as a general rule, that cold water and salt makes scum rise; but in some broths, especially those for sick people, salt must be omitted, and the scum caused to rise by cold water only. Observe that none of the roots should be scraped, for this reason, that when they are scraped, and ever so well washed, in boiling, little excrescences or particles are loosened, which stick on the out-side of them, and comes off into the broth, which, consequently, must make it thick. I advise, that the roots be

first washed, and then the out-side peeled or pared and washed again. The best thing to scum broth with is not a scummer, as one would imagine, but a thin-edged tin'd copper-spoon : these kind of spoons are now become very common in kitchens, and may be bought at any of the braaiers in *London* : they are made like a common spoon, only four times as large. The reason I am so particular on these sort of spoons is, because they take off the fat with the scum, which a scummer does not ; tho' this need be no difficulty, for a silver or pewter spoon will do near as well ; the difference is only, that the last is rather too small, and the handle too short, if your pot happens to be any thing large. Broth is reckoned to be boiled enough when it is reduced to half the quantity. Whenever broth is finished boiling, and is of the richness and quantity you'd have it, strain it off in this manner : have a well-glaz'd deep earthen pan, which should be well scalded and cold, (for if ever you strain broth into any thing that is hot, it will much sooner grow sowre, than if the pan was cold) ; have a fine lawn-sieve ready ; take the pot gently from the fire ; with a scummer take out the meat as gently as possible ; afterwards let the broth settle for a few minutes, and strain it from the dregs through a sieve ; if there is more than you make use of for the present, keep the remainder in a cool place, and when you want to use it take the fat off very clean ; for there is nothing so disgusting, as to see eyes of fat swimming on the surface of broth. Sometimes, especially if the meat be over-done, and you take it
out

out with a scummer, it will in taking out be apt to fall in pieces, and make your broth thick ; but, when you apprehend this, do not take out the meat first, but stop the pot, and gently pour out the clear broth through a sieve ; put a scummer in the pot before the meat to hinder the meat from falling into the sieve ; the sieve should be held stopping by a second person : this last is the method I use in straining of broth, in which I have omitted no particular, except that, before you strain the broth, you should let it stand off the fire to settle, for about three or four minutes.

Thus much for the rules which should be observed in making of broth, which I have been the more copious in, that my reader may retain these particulars, to the end that it may hinder repetitions elsewhere, which would but help to swell the work, and be not a jot more useful.

Before I begin the receipts in cookery, I beg leave, and in as few words as possible, to inform you of the order and method I propose to pursue.

First broths of all kinds ; next, follow regularly greveys, cullis, sauces, salpicons, essences, forced meats, daubs, braises, soupes, bisques, hodge-podge, and terrines ; then I proceed with the appurtenances of an ox, from the head to the rump, shewing how these and every joint will admit of being dressed, which will be divided into two parts ; in the one, made dishes, and in the other, plain ; beginning with large first-course dishes ; horsedoevers, which signifies first-course side-dishes.

Large

Large roast, small roast, and entermeats.

Large roast means any roast dish for the first-course ; small roast means any roasted dish suiting the second-course ; entermeats is the name of second-course side-dishes ; all these will go on regularly, beginning first with beef, and then with veal, mutton, lamb, venison, pork, pigs, poultry, fish and vegetables ; a distinction of all these will be inserted, of the made large dishes of beef ; *Ditto* plain, and so on to the entermeats or last-course dishes ; of all the different kinds of provisions, which will make the work a perpetual bill of fare ; for, when any one knows what is in season, they may likewise know which is fit for large or first-course end-dishes ; horsedoevers or first-course side-dishes, &c. &c. of any kind of provision : further, I imagine, this method of placing the receipts may be of use to the Nobleman or Lady who takes upon them the management of their families ; for, when any guest is expected, at one view, may be found the provisions in season, and all the plain and made dishes of all the different kinds of provisions, placed in regular order, and ready to be put together for a bill of fare ; and, by this means, all palates may be pleased ; for some like made dishes, some plain, some roasted, others boiled, and so forth. Middle dishes in courses are greatly out of fashion ; their place is generally filled up with a silver machine called a *furtout*, which is set in the middle of the table, and is something higher than the dishes. The word *furtout* signifies above all ; on it is generally put oranges and limons, garnished with

with laurel leaves ; it holds on the sides several cafters for muftard, oil, vinegar, pepper and fugar ; between thefe are falvers for pickles. This machine is called by fome an *epargne*, that is to fay, a fave difh. It is generally left on table, the whole courfes out.

I fhall point out thofe difhes which are fit for the middle of a table, both in firft, fecond, and third courfes ; after thefe will follow bills of fare, great and fmall, for each month in the year, with figures parallel to the pages where each difh is explained ; this will fhew a young practitioner how a bill of fare fhould be wrote ; befides this, for the better inftruction of young beginners, I have endeavoured to fhew of each bill of fare what time is proper the provifions fhould be in the kitchen, according to the appointed hour they dine at ; which difh to begin firft, and fo from one to another, till the whole will be compleat ; fo that every courfe may be ready at its proper time to follow each other. This, I hope, will have this good effect, of not making the company wait, nor over or under dreffing the victuals ; befides thefe, I propofe feveral other of the like nature, too tedious to mention ; and, to complete the whole work, I fhall add a great variety of all the beft and moft practicable receipts in confectionary : I now conclude this narration with begging pardon for my impertinent vanity, in imagining a perfon of my humble abilities could write any thing worthy the obfervation of a Nobleman or his Lady.

Goody

Goody Stiles's mutton broth.

You must know that this *Goody* was a great œconomist; and when she made this mess, it was always two dishes at her table; first the broth, and then the mutton and roots was made one.

Take a neck of mutton of about six pounds weight; it being jointed, cut it in halves; wash it in cold water, and with a knife, pare off the bloody part at the end of the craig; put this half into a clean pot or sauce-pan with an *English* gallon of cold, soft, clear water; when it is scummed, put an onion stuck with three cloves, a crust of bread about the weight of an egg; after which, put in eight black-pepper corns, one blade of mace, and half a middle-sized carrot; let these boil slowly for three quarters of an hour; the other half of your mutton having the fat and skin paired off, put it with the rest in the pot or sauce-pan, with five middle sized turnips, and let all boil slowly an hour longer (observe to keep it scumming); the hour being expired, take out the turneps, and squeeze them well between two plates; put them in a little earthen pan with about the bigness of an egg of fresh butter, with a tea-spoonful of salt, and a very little cream, or milk; beat these together with a spoon till they become very smooth and the butter is all melted in them; take out the mutton you last put into the pot, and lay it on a dish with the mashed turneps round it; make the turnips look smooth and neat by drawing a knife backwards and forwards on the top of them; set the dish to keep hot over a pot or sauce-pan of boiling hot water; over it put a hollow dish or cover;

ver; and over all put a thick coarse cloth to keep out the cold air; (some palates like a little pounded pepper to be mixed with the mashed turnips, and others will not admit of milk or cream; for milk and cream only serves to give them a whiter colour, but adds little or nothing to the taste); this done, begin to finish the broth in the manner following; scum well off the fat, peel and cut a little onion small, five single sprigs of thyme, stripped from the stalk, and cut small; put these in the broth with a very few mary-gold leaves; let these boil in the broth for about four or five minutes; then put in (being first nicely picked, washed and grossly chopped) about half a handful of parsley, which must boil in the broth with the rest near two minutes. Add salt to your taste, and the broth is done. Pour the broth in a soup-dish, wherein put toasted bread. Cut it after it is toasted into little squares; serve it up very hot; observe that the part of the neck of mutton which has the craig is not to be sent up, neither is the carrot, the onion stuck with cloves, nor the crust of bread.

After the broth is done, then the mutton and turneps are served up to table: this is an excellent dish in winter, coming off a journey, or on the road, and has the advantage, that the things this broth is made of, may be had almost any where. Note, If the broth runs short of the quantity you want, eik it up with boiling water; and, whenever any broth wants eiking up, let it be with hot water, which water should always boil some time in the broth before it is finished;

finished ; if you eik broth up with cold water, it will have this bad effect, to make the meat red and hard, and the broth no better.

Broths en gras.

En gras is the opposite to *maigre gras*. *En gras* signifies any dish that is composed of flesh, and *maigre* those that no kind of flesh goes in, as fish, roots, herbs, fruits, milk, &c.

Stock broth.

This is a general broth, and is so called from the affinity or usefulness of it in the many things made in the kitchen. First I shall shew how it is to be made in the most delicious manner it will admit of, and then conclude with the most frugal way of making it.

It is with this broth most kind of soupes, &c. are made. Observe, that, after all your meat and other ingredients is in the kitchen, it will take, from first to last, five hours preparing and making. Suppose you would make only an *English* gallon, provide yourself with 4 pounds of beef, 2 pounds of mutton, 2 pounds of veal, half a pound of lean well-flavour'd ham, one old fowl, and one old partridge of a high fumet, that is, high flavoured. Most of the following roots must be of a middle size : 2 carrots, half a parsnip, 2 leeks, 3 onions, 4 large French turnips, one large parsley root, 8 single sprigs of thyme, 3 heads of fellery, 2 blades of mace, 9 white pepper-corns, 3 cloves, 40 coriander seeds, and one large clove of garlic. It matters not what joint the beef, mutton or veal is cut from,

from, supposing it be fresh, and not fat, remembering the lean of fat meat is best. Begin in this manner: blanch all the meat, except the ham and partridge. The method of blanching you will find in the rules for making of broth. Put 8 *English* quarts of cold, clear, soft water into a clean well-tinned pot, kettle or sauce-pan that has a cover; the pot should admit of room to hold the water and all the ingredients, and should want about an inch of being full; put in the beef, mutton, fowl, partridge, and ham; the beef is best to be cut in 4 equal pieces, and the fowl and partridge must be drawn, singed, the legs cut off, and trussed to boil; (the method of trussing or making ready partridges and fowls, &c. for the kitchen use, will be described in the receipts of the different ways of dressing them); the rine and outside of the ham must be cut off; the above mentioned meats being in the pot, cover it, and set it on a clear, moderate fire; observe to scum it well, for which I refer you to the rules for making of broth; the pot being scummed clean, put in the carrots, *French* turnips, parsnips, and the white part of the leeks; let this boil softly, close covered, for two hours: the broth being done so far, take out the parsnip, peel the onions, garlic, parfly-root; pare the outside of the parfly-root; pick clean, and wash the fellery; double the fellery, and make a bunch of it, tied with packthread. Observe, in every thing you tie with packthread which is to go in broth, to use as little of it as possible, lest the packthread should give the broth an ill taste; let these be blanched, to take away their

I crudity

crudity or rawness; put them and the veal into the pot; these will keep the broth from boiling a little while, and will cause a scum to rise, and must be scummed off directly; after this, put in the spice, garlic and thyme; cover the pot, and let it boil an hour and an half longer; strain it off for use. The broth made this way, will have a fine, clear, pale, amber colour, and is extraordinary good of itself, and may be served hot in a bason, with bits of crust of a *French* roll, being first dried at the fire. Some Gentry are lovers of the meat boiled down this way, (boiled down is a term we give meat that is boiled extremely tender), and will have it sent up handsomely in a dish with the roots between each of them: when this happens, that you would serve the meat to table as well as the broth, you need not boil the broth quite so long, which will make the meat more eatable; likewise, in this case, that you would serve the meat to table as well as the broth, it will be necessary to tie the spice, thyme, garlic, and a very small bit of saffron, in a small piece of linnen cloth; which cloth, before it is used, should be seasoned; which is done by dipping the cloth into the broth, and squeezing the broth out again into cold water; wherein you may give it another wash: this will hinder its giving the broth a bad taste, which it is very apt to do, unless you take this precaution before hand; the cloth should be no larger than just to hold the ingredients mentioned, and room to tie with packthread: the cloth so managed, is called a *mignonet*, which must be taken out of the broth, just before
you

you strain it off; and, in the taking of the mignonet out, give it a little squeeze, to cause the broth to flavour of what it contains; this broth, made with the addition of the saffron, and the meat sent up as above mentioned, is worthy the name of *un demi oil*, that is to say, a half olio.

This broth made for a stock only (that is to say, only for moistening of grevey, cullis, soups, or mixing with sauces), is very expensive, especially in *London*, where every thing is so dear: but Gentlemen in the country may have it at a very reasonable expence.

Stock broth, a more frugal way.

Observe every thing as in the above receipt, excepting you must omit the fowl, partridge and ham; instead of the fowl, add two more pounds of beef; instead of the partridge, one pound of mutton, and one pound of veal; and, instead of the ham, add half a pound of lean gammon of bacon; all the rest as in the other receipt above. The broth made this way, will be extremely good, but not so fine-flavoured as the other. By observing the foregoing proportions, you may leave out or add according to the quantity, richness, or expence you chuse to be at. It is a general rule in cookery, which we all approve of, to keep broth in making, or meat a-boiling, close-covered; but some modern philosophers are against it, and will not admit of broth, or any boiled meat, to be covered: the reason they give is, that the air should have its free egress and regress, to the intent that the pure flavour in the broth should not become as

it

it were suffocated, dull and heavy; and farther they say, the air is the essential life of the spirit, and broths, or any kind of boil'd meats that hath not plenty of water, and the free influences of the air in its preparation, does certainly lose its natural colour, with the pure smell and taste.

This I have observed, that broth not being cover'd in making, keeps good considerably longer than broth that is kept cover'd in the time of making; which is an evident proof of its purity. There can only be this said against not covering broth in the time of making, that it will not have so fine a relish, by reason all the volatile and balsamic qualities of the meat evaporates with the steam.

Stock-broth of a leg of beef.

To make this broth in a very frugal, plain, and easy manner, break the bone of the leg of beef in three places, take out the marrow, and wash the leg of beef in cold water; put it in a well tinned pot, with something more than as much again water, as you chuse to have broth; set this to boil very slowly early in the morning, that you may have it good at dinner time; it should boil at least five hours; set it on a clear fire, and scum it clean; when it has boiled about two hours and a half, put in any roots you have readiest; a little thyme, four cloves, 15 black pepper corns, and two common spoonfuls of salt; when it has boiled in all five hours, strain it off for use. Lest any of my readers should not know the common broth roots, here follows a list of them all.

Roots

Roots proper for broth.

Turnips, carrots, parsnips, parsley-roots, onions, leeks, fellery and thyme. The usual spices for broths are cloves, mace and pepper. I would not have you perplex or hinder yourself from making of this, or any other broth; for you may perhaps be in a place where the half of these cannot be had; so just use what comes readiest to you; and if you take care to scum the broth well, and let it boil slowly, the whole five hours, you will have a fine clear amber coloured broth, and might be made use even if there were no spice, herbs or roots in it. Stock-broth, among us cooks, is sometimes called mitonage, which means soaking broth, by reason that it is used for soaking of bread for soupes. The present *French* king has been forbid of his physicians from eating any bread mitoned (which means soaked or simmered) in his soupe or broth, as being very pernicious to health, clogging and loading the stomach; but for all its bad qualities with regard to health, bread mitoned in broths or soupes, is eat by most foreigners, and numbers of people in *England*; for bread done this way in soupes is most smooth and delicious to the taste.

Suppose you would serve the pure clear broth alone to table, and would have the bread soaked or mitoned in it, do it in the following manner.

To mitone bread for broth, or soupes.

Take of upper crust of a *French* roll rasp'd, or a brick not rasp'd; of this take more or less, according

according to the quantity of broth you have to serve to table ; cut the crumb all out, and set it to dry gradually before a fire for an hour ; after this put it in a small stew-pan, the crummy side upwards ; put on it as much broth as will make it swim ; cover, and set it on a gentle clear fire ; after a little time, take off the cover, and if it is soaked up in the bread, and likely to stick to the bottom of the stew-pan, in such case replenish it with as much broth as you put in at first ; cover it, and let it simmer gently till the bread sticks to the bottom, without the least sign of burning ; put the broth in what you intend it should go up in ; and then, with a small scummer, take out the bread without breaking, and put it into the broth, and serve away as hot as you can. There is another way to mitone bread for broth better than the above ; but has this inconveniency, that the basin or dish you intend the broth should be served in, must not be china, delf nor any kind of earthen ware, by reason the bread must be mitoned in the dish the broth is serv'd in ; for which reason it is dangerous to use china or the like ; for the fire would certainly make it snap : the reason why doing it in the dish is best, because when it is done in a stew-pan, the best of it is left sticking to the bottom ; whereas when the broth is poured on the bread in the dish, it loosens that which sticks to the bottom ; by which means it gives a fine flavour to the soupe and comes easy up with a spoon ; for which the dish should be silver, and kept covered the time the bread is doing,

A broth of beef, &c.

This broth is in much repute in *France*, and is used among numbers of the Nobility there for breakfast instead of tea, and is thought to be a much wholsomer breakfast. The following proportions will make a pint and half English, which will serve two people. I would chuse my reader should remember, that, through the whole work, the weights and measures are *English*. First, you shall be inform'd what utensils and ingredients is proper to make this nice broth with; and then proceed to the making of it. In the first place, you must have a sauce-pan, and cover, which in *Scotland* is called a goblet-pan; and what the *English* calls a stew-pan, they name it sauce-pan. The above is meant, that my readers in *Scotland* may remember this distinction. Besides the sauce-pan and cover, which should hold two quarts of water, after the meat is put therein: you must have a common pewter or silver spoon to scum it withal, and a wooden spoon with a longish handle; they are very common in kitchens, and much in the shape of a ladle, only not so large, and the bowl of it is very shallow; a small lawn sieve; a small marble mortar, and wooden pestil; a pewter soupe-dish or clean earthen pan to strain it in; one pound of good well fed beef, cut from the lean part of a buttock, all in one piece; a craig of mutton and veal, of a pound each; one middle-siz'd chicken, one small blade of mace, and a *French* roll; with a knife pare off the fat from the craig of mutton (after which it should weigh

weigh a pound); wash them all in cold water; put them all in the sauce-pan, and then measure two quarts of clear, cold, soft water, and put it in the sauce-pan; cover, and set it on a clear fire of a moderate heat; take care to scum it well; then put in the mace. Observe the pot or sauce-pan should be suited to the quantity of meat you have; for was one to make a little broth in a great pot, it would not be so good, as if it was made in one fizable to the meat; that is to say, when the meat and water is in the sauce-pan, it should want but about three quarters of an inch of being quite full; after it is well scummed and has boiled slowly for the space of twenty minutes, take out the chicken, and pick all the white flesh from the breast bones, and pound it as fine as paste in the mortar; put in a very little broth in pounding; put a clean cloth, or a sheet of paper, over the mortar to keep it white and free from any dust or dirt; let it remain in the mortar till you are ready to use it; the broth must boil in all two hours; examine it, whether there be a pint and half of it left; if you think there is not so much, put in as much boiling water as will do; and let it boil five or six minutes, (there is no exact certainty for broth's boiling any particular time, and according to that time there shall remain so much broth, because you cannot keep it boiling in one exact motion for a long time together). If when you are a going to strain it off, you find too much broth left, let it boil till there remains only the quantity you would have; the broth being ready, and as clear as rock water, free from fat swimming on the
the

the top of it, in being strained off, put in the crumb of a common siz'd *French* roll, and let it boil a few minutes; mix it with the pounded chicken, so that it may be well incorporated into each other; this done, strain the broth thro' a lawn sieve into the mortar, and with a spoon mix it well with the pounded chicken; put in three tea spoonfuls of salt, clean the lawn sieve, and strain the broth once more through it into any clean thing that will hold it; what remains in the sieve, you must rub directly through with the back of the wooden spoon; if you find the pounded chicken turn dry, and does not pass easily through the sieve, in such case, put in a spoonful more broth, which will soften it, and make it work through the easier: having got all that will pass through the sieve, scrape off what of the pounded chicken sticks to the bottom of the sieve; put the sieve away, and mix the broth well by stirring of it: taste it, and set it on a clear fire to heat, but not boil; (if ever it boils after it is finished it is spoiled); serve it up in two basons, wherein put a very few little pieces of the upper crust of a *French* roll; the crust of the *French* roll should be about the size of a fixpence; you may cut them out with an apple-corer, which will make the broth have a neat look. This kind of broth does not keep well, and should be used the same day it is made. You may make any quantity of this broth, by observing the above proportions; but if you make a very small quantity for a sick person whose taste is very nice, and as the broth does not keep well, you may make it with half a

large chicken ; observing the rest in proportion. If you make such a small quantity as this, great care should be taken that all the utensils are in constant use every day, otherwise it will give so small a quantity of broth a bad taste, perceptible to any palate, but more so to any one that is recovering from sickness : to avert this inconvenience, after the sieve, mortar and pestil are well cleaned and dry, you must do what we call seasoning ; which is done thus : Take a spoonful of hot broth, and put it into the mortar ; with the broth in the mortar, wet the corner of a clean cloth, and rub the sieve all over with it ; and dry up what remains in the mortar with a clean cloth, by rubbing it all over the inside of the mortar ; when the sieve and mortar is thus done, sling a cloth over them both, till you want to make use of them ; the cloth will hinder any dust or blacks falling into them, which often happens in kitchens, from the smoak or dust proceeding from stirring of fires, &c.

A rule for seasoning all kinds of kitchen utensils.

When they come first out of the shops, whether they be copper, brass, pewter, china, earthen ware, or wood, put any of these into a pot of cold water, with two or three handfuls of bran ; let them boil slowly for half an hour ; then take them out, and let them be rinsed in cold water ; set them to dry, and when dry, they are fit for use.

A Scots dish called green broth.

This broth may be made at any time of the year, the ingredients whereof it is, or may be composed,

composed, being always to be had. The following is a very frugal, wholesome, good dish, and, I dare say, will please many *English* palates. The best joint of meat I know to make this broth, is a powdered round of beef. When I speak of powdered beef, I would be understood, that it should be but a little salted. A round of beef for this purpose should be salted in winter six days, and in summer four days. I shall suppose the round of beef to weigh 20 pounds, which is reckoned but a small round in *England*; wash the beef in cold water; tie the beef with pack-thread round the outside of it, to make it appear tight and snug, and to keep it the better together; take a pot large enough at bottom to hold the beef flat-ways, snug and round; put in as much clear, soft, cold water, as will cover the beef about six inches deep; set this on a clear fire, and scum it well. There are two things that hinder me from giving you the exact time it should boil: the greatest is the age of the ox which it was cut from: the next is the manner it is cut, thick or thin; for a round of beef of 20 pounds cut from a small ox, will be very thick, and take a long while boiling; but if a round of beef of 20 pounds weight is cut from a very large ox, it will be very thin, and require but little boiling; but, to keep to the middle way, I think the beef must be old, if it is not boiled enough for common palates in three hours and a quarter. This, if the beef is very young, would be too much for some palates. But I shall suppose it to take the above time; having observed
what

what time the pot began first to boil, begin and prepare the herbs, &c. for the green broth. First take 12 good turnips, (turnips that have a red ring on the top of them are generally the best); pare them, and put them, with one large carrot, to boil with the beef: when the turnips are boiled enough, which you will know by their being tender, (there can be no rule given how long turnips should boil, for some will be better done in one hour, than others in three hours), take the turnips out, and squeeze out their water between two plates or trenchers; the liquor that comes from them by squeezing, put in the pot; mash the turnips, and keep them hot before the fire, to be ready to put round the beef. The method for mashing of turnips you will find in *page 62*. The greens for the broth are these, turnip, fellery, and leek tops, spinnage, beet-leaves, green kail, and green favoys. Have a tub of clean water; take 6 green turnip tops, pick off all the tender and best leaves, with the middle of the turnip tops; put them into the tub of water, with the green leaves of 4 heads of fellery, and the inside tender green part of one middle-sized leek; likewise put into the tub a sieve three parts full of beet leaves; one sieve full of the tender leaves of green kail, two small green favoys; cut out the core or hard in the middle of the two favoys; put them in the tub with the rest; let all these be well washed in two or three different waters; put them in sieves, or a large cullinder, to drain; after they are well drained, chop them with a mincing-knife as
small

small as possible ; mix with the greens so chopped three quarters of a pound of flour ; and, when the beef has boiled two hours, put the herbs, being well mixed with the flour, into the pot with the beef ; you must allow for the time it keeps the pot from boiling. Just before the herbs are put in the pot, all the fat should be scummed off the top of your broth ; when the minute herbs are in, stir them well about, to mix the better with the broth, and to hinder the flour from being in lumps ; put on the cover, and let it boil slowly.

This done, make a little water boil in a saucepan, and put in a sieve full of spinnage with a little salt ; when the spinnage is boiled tender, (which it will do in a quarter of an hour), take it out into a cullinder or sieve to drain ; let a cock of cold water run on the spinnage for half a minute, which will clear it from any gravel or sand that may happen to be in it ; take it out of the sieve or cullinder, and squeeze the water out ; chop half of the spinnage as fine as possible to be ready to mix, and give a green colour to the broth ; the other half of the boiled spinnage may serve to go round the beef, for which you must have, towards the finishing of the broth, a little hot water to heat them withal. When the broth has boiled its appointed time, with a beef fork take out the beef, and directly put it in a large pot of hot water, which will cleanse it from all the herbs that may stick on the outside of the beef, and will cause it to look as tho' it had only common boiling in plain water ; while the round of beef is thus steeping in
hot

hot water, flop the broth pot and scum well off the fat ; after this is done, put in the chopped spinnage, and let it boil a minute or so ; take a ladle in one hand, and a plate in the other, fill the soup-dish with the broth, holding the plate always under the ladle for fear of any spilling on the edge or rim of the dish ; (for nothing looks more disgustful than to see the rims of dishes all smeared and spoiled), put in the soup-dish a few bits of bread, cut in little squares, and serve the broth away as fast as possible ; then take out the beef, and put it in its dish, with the carrot sliced round the dish, the turnips, spinnage, and any other kind of roots or greens you please, some melted butter in a sauce-boat, and serve away.

Note, It is genteeler to send the roots and greens in a small dish by themselves. If the broth is rightly managed, it will have a greenish cast, and be as thick as cream. This broth should be used the same day it is made ; it will not keep good above a day in winter. You need not hinder yourself from making this broth because you have not every particular ingredient here mentioned ; for it may be made very good with the one half of them : and, as to the meat you make use of, any joint or piece about the ox you like best ; and, according to the weight of it, you must proportion every thing else.

Dads and blads.

The above words are old *Scots*, and not easy to be explained. This broth is made best with a powdered round of beef. Observe, in this,

as

as in the above receipt, as to weight, and quantity of water, and time of boiling. When it is well-scummed, put in near an *English* pint of pearl-barley, and half a pint of the best yellow flit-pease; both the pease and the barley should be put to soak in plenty of luke-warm water the over night; drain the water from them before they are put in the pot; with these put in 12 pared turnips and one large carrot; cover the pot, and let it boil softly; when the turnips are boiled tender, take them out and mash them as in the above receipt. An hour and an half before dinner, or the appointed time the beef is to be enough, put in near three common sized kitchen-sieves full of picked, washed and drained green kail, and green favoys of equal quantity; these, before they go in the pot, should be very grossly chopped; but, before you put in these greens, scum well off the fat; cover the pot, and let all boil its appointed time, and the broth is finished. As to the round of beef, you must order it as in the above receipt; serve this broth up hot, and put no bread in it. This broth will not keep.

Scots kail.

This broth is made much like the above two. After it is scummed, put in soaked pearl-barley and roots according to the quantity of meat or broth you intend to make; about an hour and an half before dinner time, put in green kail, favoys, cabbage, all or either of these with an onion or a leek, all chopped small; put these in the broth, and let them boil an hour and an half; serve

serve it up without bread ; you may add, according to the season of the year, turnip, and nettle tops, beet leaves, and green pease.

Broth of beef, &c. (au bain Mariè).

The literal meaning of *bain Mariè*, is *Mary's bath*, but the best description is the receipt. This broth is often made for sickly people, by reason of its many good qualities ; for it fortifies the stomach, restores health, and nourishes much. I shall first shew the richest and best method of making of this broth, and conclude with a few observations on a more frugal way. Take 3 pounds of the lean part of a round of beef all in one piece ; the same from a fillet of veal, and from a leg of mutton ; all these should weigh 9 pounds when they are trimmed from the fat ; the beef, mutton and veal must be blanched ; take a well fed capon, cut off his legs ; draw, skin, and pick all the fat from him ; draw and singe an old partridge, and cut off the legs ; when I say cut off the legs, I mean the legs cut off from the knee ; being thus forward, take a jugging pot, or a deep well-glazed earthen pan and cover large enough to hold the meat and three pints of water. Jugging pots are sold at the pewterer's and brasiers ; some families have them of pewter, and others of copper ; they are made weighty at the bottom, that they may keep steady in the water, and have 2 covers belonging to them ; the inside one is cork covered with block-tin or pewter.

[*To be continued.*]

N U M B. II.

A short Treatise on the Management of a Dairy.

THE most material part in the managing of a dairy, is cleanliness.

The cows should be milked at one stated time ; for they, by custom, will expect it, tho' you neglect, which will tend much to their detriment ; the hours and times most approved, and commonly used for milking, are the Spring and Summer time, between five and six in the morning, and between six and seven in the evening ; and, in the Winter, between seven and eight in the morning, and between four and five in the evening. Some Summer seasons, when there is flush of grass, they will require to be milked three times a-day, beginning in *May*, and ending in *September*. Before a cow is milked, wash her teats with cold water ; and next your hands : it is a customary thing in milking to wet the cow's teats every now and then with milk, to cause (as they pretend) the cow to milk the easier ; which is very false ; for it is nothing but custom makes them think so ; and the best way is to use yourself from the beginning never to wet the paps, or teats, after you have first washed them with cold water,

L

ter,

ter, which will cause the milk to be much sweeter ; in the other way of milking, there will fall drops of milk into the pail, which, if tasted by itself, you would never milk that way any more ; care should be taken, that those who milk the cows should stroak them well, and, in the Summer time, save those stroakings by themselves, to put in your morning's-milk cheese : the stroakings of a cow is the richest part of her milk, and is a little quantity of the last of the milking ; after the milk is brought home, it is strained through a fine lawn-sieve, into shallow, broad, glazed, earthen pans, which are by much the best and sweetest for keeping of milk ; they should be scalded as soon as emptied, and set out in the air to dry ; in Summer there should never be seen any milk in a dairy above a day old ; keep the cream you scum off in a large, deep, earthen pan ; and more of these sort of pans you should have ; for, in Summer, the cream must be shifted twice a-day ; and, two or three times a-day, the cream should be stirred ; it is best to make two scummings of the milk in this manner ; the evening's milk scum early in the morning and again at noon, and so on with the rest ; for, if you leave the evening's milk to the next evening, and so make but one scumming of it, the cream will not be so sweet. The newer the cream is before you churn, the richer and better the butter will be : as soon as the butter is come in the churn, pour off the butter-milk, wash the butter with clear, cold water ; beat the water out of the butter till it comes
out

out quite clear, and not white ; then put in salt to your taste, and beat and work it up directly into what form you please ; never touch it with your hands, (as some bad house-wives do), the heat of which causes the butter to be gauced, a term which signifies over-heated, or strong, of a bad flavour.

A dairy that is so lucky as to have a cow or two calves in the Winter, will much preserve the Summer-flavour in the butter : the best month to begin to salt butter for keeping, is in *May*.

The best method for salting butter to keep exceeding good all the Winter.

May, as I said before, is the best month to begin ; the butter you intend for keeping should be put up the same day it is churned ; it should be very little more salted than what common fresh butter is ; sprinkle a little salt on the bottom of the tub or pan ; lay a layer of butter full five inches thick, on which sprinkle a little salt, and then another layer, and so on till it is full ; take great care to squeeze it down close, that no hollow places may be in it, which would let in the air, and spoil the butter ; you may roll a round lump of quite fresh butter, and put it in the middle of the cask, with the layers (as above) close, round, under, and over it ; and, in the Winter time, when you come to the middle of the barrel, tub, or pan, you shall have a piece of quite fresh butter, with the true *May*-flavour preserved in it.

As to cheese, the greatest property in them is, to have a rich taste, and be tender; which last is owing to the care in pressing of it; for cheese require very little pressing, and the curd should be put in the cheese form in large fleaks, and not in crumbles; the best cheese that is made, is not pressed at all, which is that sort we call cabbage-net-cheese.

To make a cabbage-net-cheese.

A cabbage-net-cheese is made of new milk and stroakings together; according to the size you would have the cheese, so take milk, and put in as much runnet as will turn the milk into a soft curd; hang a coarse cloth by the four corners, not a great distance from each other; slip in the curd, and, now and then, sprinkle a little salt between each layer of curd; let it hang till it is dry, and done dripping, then take it out of the cloth, and keep it in a dry, cool place for a twelve-month, and it will be a fine cheese: when cheese is over-pressed, it eats hard, dry, and tough; for, by observation, I have found, that, after the whey has run from the curd, of its proper colour, there runs from the curd a white, creamy substance which should be preserved in the curd, and is the very means of making a cheese eat mellow, and rich to the taste.

To make a runnet-bag.

Let the calf suck his fill, a little before he is killed; then take the bag out of the calf; it lies above the paunch, near the heart; take out the
curd,

curd, and scour the bag very clean with salt, and wash it well in two or three cold waters, and let it lie twelve hours covered with salt. This done, pick all the hairs and dirt out of the curd ; wash it with new milk ; rub the inside of the bag with a little salt, and break the curd into little bits ; put the curd in the bag with a little salt ; skewer it up, and rub the outside of the bag with salt ; prick it in several places, and hang it in the side of a chimney to dry gradually ; when it is very dry, it is fit for use.

To make runnet.

Boil three *English* quarts of water, with near a handful of salt ; put it into a pan, and, when it is cold, put in the bag ; cover it, and let it soak for ten days ; at the eighth day you may try it, and perhaps it may be strong enough ; bottle the runnet off, and put more pickle to the bag, to make more runnet ; if there is but a little runnet wanted, cut a piece from the bag, and use it with a little pickle, as above mentioned. This is the common and usual way of making runnet.

Directions for the making of a dairy.

A dairy should be so contrived, as to be warm in Winter, and cold in Summer, having two or three hair-cloth, or small wiry windows, to let in the air, and hinder the flies from coming into the dairy ; and these, in the Winter time, should have wooden shutters, to keep out the cold, and, in frosty weather, there should be a clear fire kept in a dairy ; otherways the milk would freeze,

freeze, and no butter could be made. Most of our Noblemen's dairies in *England*, is the pleasantest and cleanest place in the whole house; the walls are all covered with beautiful *Dutch* tiles; the shelves are as white as snow, and the floor as red as a cherry: *Dutch* tiles are used, by reason nothing will hang on them; but on a wall, there is continually something or other gathering, and falling into the milk; a nice dairy, if kept clean has one of the most pleasing fragrant smells of any one thing besides, and the best Nobleman in *England* does not think it beneath him to eat curds and cream in such a dairy as above pictured.

Broth

[Continued from Page 80.]

Broth of beef, &c. (au bain Mariè).

The cork by swelling, hinders the water from getting into the pot, which, if it did, it would entirely spoil the broth; you must take care to scald it well in several waters; if you use an earthen pan, put it into cold water and bran, and let it boil slowly a quarter of an hour; take it out, and put it into cold water, and when it is thoroughly cold, put in all the butcher's meat and poultry, with three pints of cold water, and one onion stuck with three cloves, and three common tea spoonfuls of salt; observe, the pan, when all the meat and water is in, should be near full; put the cover on, and, round the edge, put a rim of coarse paste (made with hot water and flour) stuck on with a beaten egg; daub the outside of the paste with beaten egg, and tie coarse paper round with packthread, to keep it tight; have ready a large kettle of boiling water; put it in the kettle so as to be covered with water, and stand upright; put a weight on the top to keep it steady; it must by no means turn over, nor alter its position; let the kettle boil slowly for five hours, filling the kettle up as it wastes, with boiling water; the time being expired, take out the pan; off with the cover, and strain the broth through a fine sieve; let the broth stand a little to settle; then carefully take off all the fat which will swim on the top; if any little eyes of fat remain swimming on the
broth,

broth, take two or three pieces of white paper, put them one by one on the top of the broth, drawing the paper to one side, till the broth is quite clear. There can be nothing more disgusting to a sick person, than to see eyes of fat swimming on broth; therefore I recommend that this method of taking off the small floating fat eyes on broth be remembered; it will be of great use, especially in all kinds of broths for sickly people, whose stomachs are so weak, that the very sight of one small speck of fat swimming on the top, would cause them lothe the whole. I have made this receipt of Broth *au bain Mariè*, to suit a person who is on the recovery of his health, and whose stomach is not quite come to its natural strength; but, if I intended it for a person in health, or for a stock for soupes, which by the way is one of the richest stocks you can make, I should have added another partridge, half a pound of lean ham and a mignonet, with a little quantity of all the broth roots, with two or three sprigs of thyme, (a mignonet was described in the first receipt of stock-broth). Now that you have been informed how to make a rich broth *au bain Mariè*, you must have very little ingenuity if you cannot make it to your own or master's palate, by making it stronger or weaker, adding or diminishing; you may for variety in this broth half-fill the belly of the capon with rice or barley; but when this happens, the capon is not skin'd, but blanched; the meat, roots, capon and partridge may be put in the jugging pot or pan in such good order, by ranging every one by themselves, so as
to

to be able to put them every one separate and whole in a dish, to serve to table, with a little of the broth with it. In such case as this, that you propose to send the broth in one dish, and the meat and roots in another, you must alter the butcher's meat, as to the joint it is cut from; which should be a piece of the same weight, cut square, out of the middle of a brisket, which should be boiled an hour before it is put in with the rest of the meat; the mutton should be cut from the upper part of the neck when the craig is taken off; and the veal may be a small knuckle, the bone of which should be cracked, and the mutton jointed; let it boil but four hours: you may call this *une demi oil, au bain Mariè*, which should not be wrote in a bill of fare in *English*, by reason it will not run so smooth; the literal *English* is, a half olio in the manner of *Mary's bath*.

A broth of beef, &c. without water, au bain Mariè.

I never found any palate but what relished this broth: it is excellent for people in health, restores the sick, and warms the blood of elderly people; a gill of this broth is enough for one person. I shall first shew how it may be made to have the most exquisite taste: after you know the method how it is performed, it may be made, by observing the following rules, as frugal as you will, by omitting the expensive things. The following broth keeps well two or three days, or longer according as the weather is; when you warm any, let it be (*au bain Mariè*): which

is done thus ; put the quantity you would warm in a small white stone mug, or silver cup, that you serve it up in ; which put into a small sauce-pan of cold water, and put it on a moderate fire : when the water is just upon the boil, take it out, and serve directly. This broth is generally made in a jugging pot, which has already been described ; but, if you have not this conveniency, it may be made as well without a jugging pot ; only it will cause you a little more trouble. Take a deep earthen pan and cover, or a common soupe-pot ; if this broth is designed for dinner, get in the following ingredients the over night, and begin early in the morning ; for the broth will take six hours boiling ; there must be got four pounds of the lean (in one piece) of a fat round of beef, the same from a leg of veal, and mutton, one full-grown capon, four dove-house pigeons, and two partridges ; draw, finge, and truss these for boiling ; two large onions, one small carrot, half a small parsnip, one large parslly-root, three large *French* turnips, two large heads of feller-ry, and five single sprigs of thyme, half a pound of lean well-flavoured ham, seven white peppercorns, one clove, and one large blade of mace ; the fat of the butcher's meat and capon being pared off ; beat the butcher's meat, especially the beef, soundly with a rolling-pin, and the poultry beat slightly ; the roots having been well washed and cleaned, cut them in two, the feller-ry in four, and the onions in slices ; take any soupe-pot you have readiest, which will easily contain the meat, and the rest of the ingredients ;

range

range all in good order in the pot, the roots and spice last ; put on the cover of the pot, with some paper round the edge, to make it shut tight : take a little yeast, or batter made of flower, beaten egg and water, not too thin ; with this daub the outside rim of the lid and pot which cover with long slips of damped brown paper, and over this put a roll of stiff paste ; and, lastly, over the paste put a cloth, which tie round with packthread, to hinder the paste from giving way, which would let in the water, and spoil the broth ; set it upright into a kettle of boiling water, which must be deep enough to cover the broth-pot : put a small weight on the top, and prop it round with hay ; for it is apt to turn over, occasioned by the movement the water makes in boiling ; let it boil without ceasing, covered with water, for full six hours ; have a large tea-kettle, or another pot, to replenish with boiling water, as the other wastes : the time being expired, take it out, and take off the cover ; strain it through a fine sieve ; let it stand a moment to settle, and take off the fat ; serve it in covered china gill-cups, with a little bit of the crust of a *French* roll in each of them, or a longish small bit of toasted bread on the side of the plate : another way is, to serve it up in a soupedish, with a large crusty *French* roll, in the middle ; which roll must be cut on the top, a round piece taken out, the size of a crown ; take out all the crumb, without breaking the crust ; fill it with a little of the whitest part of the flesh of your poultry minced small, and mixed with some of the hot broth ; set it over a clear fire

to be thoroughly hot, but not boil ; put it into the roll, and cover it with the piece which was cut off ; put it in a soupe-dish with the remainder of the broth about it ; serve it very hot. Out of this quantity of meat you will have but an *English* quart of broth, which makes it very expensive in town ; but when gentlemen are at their country seats, it is not so : one cannot be always certain what quantity of broth meat will produce ; for some meat, which is of a proper age, and rightly fed, will give half as much juice again, as some other which perhaps may look better to the eye.

Une boullion consomè, restaurant sans eau.

O R,

A restorative jelly-broth without water, made of veal and chicken.

This is also done *au bain Mariè*. This broth is done on the same principle as the other, with only the following difference, for which it is preferable. First, as it is easier and sooner done, and, lastly, for its pure, simple, quality. It is of great use in the kitchen, and is the soul of all the little short sauces : it does not agree with all constitutions to drink it by itself, it being laxative. Get a large-mouthed bottle, either stone or glass, free from any ill scent ; have a full grown chicken drawn and skinn'd ; cut it into little bits (about the size of the top of one's thumb) through bone, flesh, and all ; have as many pieces of the same size of the lean of
white

white veal cut from the fillet of a cow-calf; put piece for piece into the bottle, till it is near full; then stop it close with a seasoned cork, covered with a piece of clean linnen rag, and paste and paper tied over that; set it upright in a small pot of cold water; put the pot on the fire, and let it boil slowly for three hours; all which time it must be covered with water, and kept steady, by propping it round with hay. The cork may be seasoned, by being boiled half an hour in bran, water and salt. Observe there must be no fat about the chicken or veal; strain it through a fine sieve for use.

A rich veal broth made in the common way.

This is very good of itself, and of great use and service for moistening of all kinds of white soupes, bisques, ferrines, cullis and sauces. Suppose you would make two *English* quarts of this broth, take six pounds of the lean part of a white fat fillet of veal of a cow-calf, one pound of lean well flavoured ham, free from fat or skin, two large *French* turnips, half a small carrot and parsnip, the white part of a middle-sized leek, one large head of fellery, one large parfly-root, and one large onion, one clove of garlick, six single sprigs of thyme, three cloves, and one large blade of mace, nine white pepper corns, and about forty coriander seeds; cut the veal into four equal pieces; let it be blanched with the carrot, turnip, parfly-root, leek, onion, and fellery. The method of blanching has been already described. Put the veal and ham into a soupe-pot or sauce-pan, with four

English

4 *The Method of making Broth.*

English quarts of cold water; set it on a clear fire, and when it is well scummed, and boiled an hour, put in all the rest of the ingredients; put in three tea spoonfuls of salt, and let it boil an hour and a half longer, or till it be half consumed, that there may remain, as near as you can guess, about two quarts; if you cannot get ham, *French* turnip, and parslly-root, you may make shift with good lean bacon, common turnips, and no parslly-root: if the broth is wanted exceeding white, omit the ham or bacon, and put in more salt; but then the broth will be insipid.

Veal water.

To make a quart of this water, Take four pounds of the lean of a fat fillet from a white cow-calf, free from skin, bone or fat; let it be cut in one thick piece; blanch it full seven minutes, that is, boil it seven minutes in plenty of clear water; take it out, and put it into cold water; take a handful of salt, and rub it all over to take away any scum that may stick on the outside of the meat: after this, wash it well in cold water, and wipe it dry with a cloth; put the veal into a well seasoned, glazed, earthen pipkin, or silver fauce-pan; put in near two *English* quarts of exceeding clear, cold, spring water; the meat and the water should near fill the fauce-pan or pipkin; cover it, and set it on a clear, moderate fire, and watch it; when the scum begins to rise, scum it off, and provoke more scum, by putting into the broth three common sized pewter spoonfuls of cold water, which will cause more scum to rise; and being well scummed,
let

let it boil an hour and a quarter very gently, in such a manner, that you can but just perceive it to boil; open the lid or cover, and, if there remains about a quart, it is enough; but if there remains more, let it boil till it is reduced to the proper quantity (observe when once any broth is set on the fire, it must not be moved till it is finished); take it from the fire, and let it stand for the space of two minutes; after which strain it gently through a fine sieve; it should not be strained to the very last drop, for fear of making it thick. If it is rightly managed, it will look clear and transparent.

This water is generally made for sickly people; where open remedies are prescribed. It is most excellent for some constitutions in health, by reason it helps to preserve it.

Barley broth a l'Ecofoise, or sheep-head broth the Scots way.

To make this broth in the best manner, you must first make a good broth of a leg of beef, made in the common way the over night; about three *English* quarts will be enough; next must be got a ram's head and feet; these must not be skinned, but should have the wool and skin on them; the head should be cut with about four inches of the craig to it; the wool must be singed off with red hot irons; if you live in *London*, and are acquainted with any *Scots* smith, best send to him to singe; for it makes a most monstrous smoak and stink in a kitchen. Being singed, put it in warm water, where let it soak for a quarter of an hour; then,
with

with a knife, scrape all the black from the skin, both from the head and feet, and continue washing and scraping till it is quite clean; then cleave the head in two, without cutting the tongue; pick out the blue skins and jelly of the eyes, with the grisly bones from the snuffles of the nose; take out the brains, and rub them all over the outward skin of the head and feet; let it remain so a minute or two, and then scrape it off, which will cleanse and whiten the skin surprisingly; wash the feet and head in cold water; put them into a soupe-pot, with three quarters of a pound of pearl barley, which should be put to soak the over night; then put in the beef-broth; the head should be covered six inches, or thereabouts; if the broth runs short, make up the deficiency with water; both the broth and water should be cold; cover the pot and set it on a moderate, brisk, clear fire; scum it well, and put in two whole small carrots, with three or four large *French* turnips, seven or eight white pepper-corns just crack'd, and three cloves, each broke in two; let these boil, cover'd for two hours and half; then take off the cover, and put in the nice, tender, white part of five heads of fellery cut exceeding small; twenty four little, white, round headed onions, peeled, and put in whole, or four middle siz'd onions cut small; but if the little one can be got, they are best; a small, light, yellow heart of a savoy cabbage cut exceeding small. Before these are put in the pot, scum well off the fat; after which, put them all in; let it boil gently for one hour and an half longer: so that in all it will need
four

four hours, boiling gently all the time with the cover on: with the rest of the ingredients, put in three common spoonfuls of salt; the above time being expired, serve up in this manner. Take out the carrots and turnips, and take off the great bones from the ram's feet, and dexterously take out with a knife the tuft of wool which grows in between the inside of the toes of the feet; once more scum off the fat from the broth; take the skin off the tongue; put it, the feet and head, handsomely in a soupe-dish, and then fill up the soupe-dish with the broth, and serve it hot: the carrot and turnip which were boil'd in the broth are not sent to table, when the head is sent in the soupe-dish; but when two dishes are made of it, then carrots and turnips, &c. are sent up round the head: if you cannot get *French* turnips, use common turnips: it is generally made in *Scotland* without beef-broth, and is very good: some palates will have nothing in it, but the head, feet, water, barley and salt; other palates like all the other seasoning in it, except the onions; a third has an aversion to any thing of the cabbage tribe: so you must regulate yourself according to the palate you have to please. The above will please most palates. This dish is much in vogue in *Scotland*, and often seen at most Noblemens tables there: it is thought King *James* was the first that ever eat a sheep-head, dressed this way, in *England*.

Mutton-broth, au naturel.

Which signifies, light, pure, natural; wherein nothing is put to adulterate its natural flavour.

It will be of use to the reader to remember the bove explanation.

Suppose an *English* pint of this broth, take two pound in one lump or piece of well fed wedder-mutton, without skin or fat ; blanch it, and put the mutton into cold water ; take it out, and wipe it dry with a clean coarse cloth ; take a silver sauce-pan that has a cover, or a well glazed and seasoned earthen pipkin ; or if you have none of these, take a copper sauce-pan, which must be very clean and well tinned ; put in the meat with one quart of clear cold water, (either soft or hard) ; cover it, and set it on a clear moderate fire. Observe the rule for scumming of broth for sick people ; let it boil gently (covered) till the half be consumed ; the fire must, as near as possible, be kept up to an equal heat ; the slower it boils, the better ; the sauce-pan should be no larger than what will hold the meat and water ; neither should it be moved from one place to another, for that would by no means add to the clearness of it : the broth being reduced by boiling to the one half, take it off the fire ; let it stand about five minutes, and then gently strain it through a fine sieve, except a drop of the dregs, which leave at the bottom. This broth is of so pure a nature, containing nothing but the true flavour of the mutton, that those who use it constantly, are sensible whether it be made of an ew, wedder, or ram. Observe, that it may be made of any part of the sheep that is not bloody or fat. Serve it hot in a china bason, without bread,
and

and without the least speck of fat swimming on it. Some palates like a small blade of mace to be boiled in it ; others a crust of bread ; and some like both a crust of bread and the mace boiled in it. This broth will keep good in a cool place a long time, which is owing to its natural purity.

Chicken water, or small broth.

Take a live chicken of a middle size ; it is not worfe of being a cock ; draw his neck, skin, draw out the guts, &c. cut the chicken in two ; wash it well in cold water, and take out the red lights which stick to the upper part of the backbone ; wash it again, and dry it well with a cloth ; put it in a very clean sauce-pan free from any bad scent ; pour on it three *English* pints of clear cold spring-water ; scum it ; (as for a sick person, see the rules for scumming broth), and let it boil covered very gently till the half is wasted, or rather till it be reduced to one pint ; which last may be properly called chicken broth ; the other chicken water.

Boulion de post, or post-broth.

This broth is so called from its use to those who ride post ; for if boiling water can be procured, it is made in three minutes : some name them broth-cakes, and others portable-soupe.

Take twelve pounds of beef free from fat, skin, bone and sinews, two old cocks, and two old partridges ; this quantity will make about five ounces, perhaps little more or less according

ing to the richness of the meat; every half ounce will make near a wine pint of good broth; cut the beef into four equal pieces; make the two cocks and partridge ready for boiling; being singed, break the bones of the cocks with a rolling pin, and the thigh bones of the partridges; wash the beef in cold water, and put it into a well tinned clean pot with the two cocks and partridge; press them a little down with your hands, to make them lie close; have ready one large peeled clove of garlick, nineteen white pepper corns, three cloves, and three blades of mace; put in as much clear cold soft water as will rise above the meat seven inches; the pot should be of such a size, as when the meat and water is in it, to want about an inch and a half of being full to the brim; put the cover on, and set it on a clear moderate fire; scum it clean; provoke more scum to rise, by putting in a common pewter spoonful of salt, with a little cold water, which will cause more scum to rise; being scummed off, put in the seasoning above-mentioned, cover the pot, and with some coarse paste lute it round the out-side rim of the pot and cover, so as no steam may come out; let it boil very gently for eleven hours on a slow clear fire, kept up as near as possible to one heat; when the eleven hours are expired, take it off the fire, uncover it, and then take the meat out with a scummer as gently as you can, for fear of making the broth thick; put the meat on a sieve to drain, that you may have as much of the broth as possible; but the meat must not be pressed; let the broth stand to settle
for

for about five minutes; then strain it through a fine sieve, into a clean, seasoned, well-glazed earthen pan; set it in a cool place without covering it; when it is cold, take off the fat; the broth should be clear of an amber colour, and in a fine transparent jelly; put the broth into a silver stew-pan, sauce-pan, or an earthen well glazed pipkin, or a copper well-tinned stew-pan, which should be of a size little more than to hold the broth; set it on a moderate fire, scum it, and let it boil gently (covered) till the half be consumed; then put it into a small stew-pan which will little more than hold it; set it on a slow fire uncovered, and let it boil gently till it comes to the thickness of a thin syrup; keep it on the fire, and stir it about with the handle of a kitchen wooden spoon, till it comes like a thick syrup, which shews it is enough; take it off the fire, and pour it into several little round tin moulds like cannister tops, which last does very well; they may be weighed to the exact quantity you like; put them to dry in a slack oven, or moderate warm stove, for about eight days; after two or three days drying, they will take easily out of the moulds: they must be kept turning while they are drying, till they be as hard as glue; observe that when you weigh them when liquid, allowance should be made for wasting in drying. In drying of the cakes, there must be a sieve or some hollow thing over them, for fear of any dust or dirt falling on them, from the top of the oven: observe, in drying of them, to keep the heat as equal as possible; as for example, when the
heat

heat of the oven or stove is decayed, let them be taken out and kept warm at a distance before a fire, till the oven or stove is made a little hotter: when they are rightly finished, you will just perceive the light through them; and be as hard as glue. In a dry place they will keep good a twelve-month.

The method of using broth cakes.

I suppose the cake to weigh half an ounce, which is enough for one person; put in a sauce-pan near a wine-pint of water; set it on a clear fire; and, when it boils, put in the cake; let it boil, with the cake in it, for three minutes, keeping it stirring, and it will dissolve, giving an exceeding fine relish and colour to the water; add salt to your taste; cut in some little square bits of the top-crust of a *French* roll, and serve it up: the best thing to keep them in is a tin-box that has a deep cover; a row of cakes, and white paper between; and so on till the box is full. The above receipt is to please palates in general; for there will nothing predominate in these cakes that can give offence to any palate, but a fine agreeable relish through the whole. They are to be made by observing the above rules, as frugal as you like, by omitting the expensive things; for it may be made of nothing but legs of beef, or nothing but mutton, or veal, or fowls, or chickens, which last would be very expensive; but there is a method of giving the cakes a flavour of chickens without being extravagant. As for example;

To make broth cakes of chickens.

First make the stock of nothing but veal, in the manner of the above receipt; finish it till it comes to the thickness of a thin syrup; then put in the essence of two chickens, which will answer to fourteen pounds of veal: the essence of the chickens being put to the veal broth, as before mentioned, finish it exactly, as in the above receipt.

To draw the essence from two chickens.

After they are skinned and drawn, cut them in pieces thro' bone and all, the largeness of the top of one's thumb; put these into a well-seasoned stone or glass wide-mouthed bottle; stop it close with a seasoned cork, and a well-seasoned bladder between the cork and bottle: the cork is seasoned by boiling in bran and water; the bladder must be boiled in a little broth: let it be so well corked as to let no water come in; put the bottle so ordered into a kettle of cold water; set it on a slow fire, and let it boil four hours and an half, and the essence is finished; take it out, and uncork it; strain it through a well-seasoned small lawn-sieve into a little china basin; blow off the fat, and use it as above directed: if you would chuse to have it taste of any herb or root, put any of them in the bottle when you first put in the chickens.

Quintessence

Quintessence of Broth.

To make which, you must have five pounds of very white veal (lean) cut from the fillet, a live pullet, four ounces of lean well-flavoured ham with the fat, outside and rine cut off; two ounces of beef-marrow, the fourth part of a small carrot, half as much parsnip, one *French* turnip, one small parslly root, the lower half of a small head of fellery, one small clove of garlick, two single sprigs of thyme, and two middle-sized onions, three white pepper-corns, one small clove, and a very small blade of mace.

Begin in this manner: take a well-tinned stew pan, large enough for the quantity of meat; put in the bottom of the stew-pan, the marrow cut in slices, and dispersed over the bottom of the stew-pan, of an equal distance from each other; over which put the onions, being first peeled and sliced; cut half the veal in thin slices, and put over the onions; cut in small thin zests half the ham (*zests* signifies any thing cut in little thin bits), which put over the veal, clean the roots, and cut them in slices; put them, with the spice, garlick, and thyme, promiscuously, or scattered, over all; then, as quick as possible, kill the pullet, skin it, and draw it very clean; pick off the fat, break all its bones with a rolling pin, and cut it into eight pieces, and put it (being warm) over the rest; then put over this the other part or the remainder of the veal cut in thin slices, with the other part of the ham cut in zests; put in the stew-pan two
common

common table silver spoonfuls of your ordinary stock broth; lute the stew-pan round with paste, to hinder any steam from coming out; set it on a brisk clear fire, there let it remain till the liquor is boiled away, and the meat likely to stick to the bottom, which you will know by a different noise it will have like to that of frying; immediately, on the changing of its note, noise, or sound, take it from the fire, and set it on a very slow clear fire, there let it sweat without the meat sticking to the bottom, which will not happen if the fire is not too fierce; let it remain on the slow stove for near an hour; after which, take off the cover, and put in three *English* pints of your common stock broth (hot); put it on a brisker fire to boil; scum it well, and put in four or five white fresh mushrooms picked and washed; let it boil softly covered, till it comes to two pints; strain it through a lawn-sieve for use; it is excellent in sauces both white and brown: observe the stew-pan that it is made in should not be too shallow.

Note, water may be used to make it of instead of broth, observing every thing as above, except there should remain at finishing no more than a pint, so will it be as good very near as the other.

Broths en maigrè.

A stock-broth of roots for maigrè soupes, &c.

Take two quarts of yellow whole pease, being washed and picked; put them, with a crust of bread (about the size of a half-penny roll),
O into

into a soupe-pot with three gallons of cold water ; set it on a clear fire ; let it boil slowly till the pease are near tender, but not quite ; for, if the pease were boiled till they were quite tender, it would make the broth thick and not so fit for use ; take it from the fire, and let it stand a little to settle before you strain it off ; strain it through a lawn-sieve into another lesser soupe-pot ; season this liquor with the following roots, they being first picked, washed and cleaned ; two carrots, one parsnip, five large *French* turnips, four parfly-roots, six onions, ten single sprigs of thyme, one clove of garlick, six heads of fellery, a piece of fresh butter about the size of an egg ; one common-sized pewter-spoonful of salt, three cloves, three blades of mace, fifteen white pepper-corns, and a very little sweet basil ; let all boil softly without scumming till the carrots are tender ; strain it through a lawn-sieve, and let it stand to settle half an hour before you use it.

Stock broth of fish for soupes, &c.

This broth may be made with different sorts of fish, or only one sort : carp we give the preference to. Observe never to use any fish for this use that has any muddy flavour ; for that would entirely spoil the broth.

Suppose you would make two *English* quarts of this broth, take two middle-sized carp, two small carrots, one small parsnip, four parfly-roots, four *French* turnips, six onions, all these of a middle size ; four heads of fellery, three cloves of garlick, seven single sprigs of thyme, a
very

very little sweet basil, twelve white peppercorns, three cloves, three blades of mace, and forty coriander seeds; let the onions and garlic be peeled, and the thyme washed; the roots being cleaned, cut them with the onions in gross slices; that means large slices put in a soupe-pot, a quarter of a pound of good fresh butter, and all the roots; set it on a brisk stove; stir it now and then with a wooden spoon, and when the roots begin to change colour, put in the two carp, being first scaled, gutted, the gills taken out, washed and dried; each carp must be cut into four pieces; let them fry with the rest, stirring them every now and then for six or seven minutes; after which, put in three quarts of the first *maigrè* stock broth of roots & scum it, and put in the spice, thyme, and sweet basil, with a small handful of fresh mushrooms, being first well picked and washed; let all boil an hour; season it with salt to your taste; instead of using the stock-broth made of roots, the same quantity of boiling hot water may do, but then it will not be quite so good. This broth is used in numberless *maigrè* dishes.

Succous gravey.

Is a liquid substance, drawn either from butcher's meat, poultry or fish, either by pressure, coction, or infusion: so that gravey has its different properties according to the nature of the meat, and the different way it is drawn.

Beef gravey.

To make three *English* pints of this gravey, take eight pounds of beef, cut from the lean
part

part of a fat round of beef, half a pound of fat and lean bacon or ham, four large onions, one middle-sized carrot, a very small parsnip, two large *French* turnips, four heads of fellery, one bay leaf, seven single sprigs of thyme, a very little sweet basil, six black pepper-corns, two cloves, and two blades of mace. Begin in this manner ; pare off the rine and outside of the bacon, after which it should weigh half a pound ; cut the bacon in thin slices, which disperse on the bottom of a well-tinned stew-pan large enough to hold the meat, and as much to spare ; over the bacon put two of the onions cut in slices ; and over the onions put the beef cut in slices about the thickness of one's hand ; over the beef put the carrot, parsnip, *French* turnip, and the other two onions ; all of these being first cleaned, washed and cut into gross slices ; cover the stew-pan, and set it on a slow stove for near two hours ; after which, if you take off the cover, there will be seen plenty of liquor ; cover the stew-pan, and set it on a brisker stove till that liquor is reduced, so as to cause the meat to stick to the bottom of the stew-pan without burning ; turn over a slice of beef with a knife ; and if it shews a deepish brown colour, it is enough : have ready, at that instant, some good meat broth, or water boiling hot ; put in five pints of either of these ; let it remain on the stove, and scum it well ; after which put in the fellery, (being first cleaned and washed) with the above mentioned spice, bay leaf, thyme, and sweet basil ; let all boil gently, (covered) till it is reduced to about three pints ;

pints ; take out the meat with a scummer, and strain it through a lawn-sieve into an earthen pan for use ; this sort of gravey is good to colour soupes, ragous, and to put under roast meats. Gravey may be made after the above method of any kind of meat whatsoever ; and any or all the ingredients, save the meat, may be omitted. Note, a few fresh mushrooms is very good in gravey. By observing the above proportions, you may make a greater or lesser quantity.

A more easy way of making gravey.

Take as much good meat broth as you would have gravey ; suppose it be a pint, take a common silver spoon, and put in it two common tea lumps of loaf sugar, either fine or coarse ; the sugar should be just dipped in cold water, and out again directly ; set the spoon with the two lumps of sugar on a moderate, flow, clear fire. When the sugar in the spoon is turned to a high brown colour, (which it will do in a few minutes), wipe the bottom of the spoon, and put the spoon into the hot broth, which will give it a surprising fine colour, exactly imitating gravey, without any bad taste.

Veal or mutton gravey is made the same way as that of beef ; or indeed any sort of gravey *en gras*, whether it be from butcher's meat or poultry, is made in the same manner, and may be given any particular flavour you please, according to what it is designed for : as for example, if the gravey is wanted for ragous, then let the flavour of mushrooms predominate ; for soupes, fellery may predominate ; but, if wanted for
both

both soupes and ragous, in such case let nothing predominate, which is the best and most usual way of making it.

A gravey of any kind of meat made in another manner, by pressure.

The following is an old fashion'd way of extracting gravey which is not altogether to be despised: take three parts roast of any kind of meat, and put it hot between two pewter-dishes, with a great weight on the uppermost dish to press out the gravey, or it may be done in a linnen press: gravey made this way will have the pure natural flavour of what it is made from, without any adulteration.

This kind of gravey should have one boil up before it is used, to take off its crudity or rawness.

White gravey.

As to white gravey of either veal or fowls, or both of them, is no more in fact than rich broth made with ham in it, being well seasoned with spice, herbs and roots; for which see broths.

Gravey of mushrooms, en gras.

Pick, wash and dry three or four handfuls of mushrooms; take a piece of fat bacon about nine inches square; cut off all the outside lean, with a knife; scrape the bacon to cause it come off almost as smooth as butter; take about six ounces of bacon so scraped; put it into a stew-pan with the mushrooms; if small leave them whole, if large cut them in four: put the stew-pan on a clear, moderate, brisk fire; keep stirring them

now

now and then with a spoon, till they appear brown; then fling in a dust of flour; stir it about, and let the stew-pan stay on the fire without stirring till the mushrooms stick to the bottom of the stew-pan without burning; to this quantity of mushrooms put in near an *English* quart of any kind of rich broth, with a thin slice of limon which must have no rine on; let this have five or six boils up; and it is done; scum off the fat and strain it through a lawn sieve; the mushrooms that remain in the sieve, may be made use of in ragous: observe, the stew-pan need not be covered all the while it is making, neither will it want scumming, only the fat taken off as clean as you can; this gravey is excellent for heightning the flavour of sauces and ragous.

Graveys en maigrè.

If gravey is made of one sort of fish, carp is the best; but different sorts of fish, provided they have no muddy taste, makes the best gravey and broth; if two *English* quarts of this gravey be required, take a small carp, finch, pike, and a middle-siz'd eel; scale the pike, carp and finch; gut and wash them; take out the gills and eyes; the milt or row of the carp you may save for other use: the eel must be skinned, gutted and washed; cut all the fish in gross pieces; the carp in three, and so on with the rest; this is the quantity of fish required for two quarts of gravey; for the seasoning there must be one small carrot, half a small parsnip, two middling *French* turnips, two middling parfly roots,

roots, and one large head of fellery, four large onions, one large clove of garlick, six single sprigs of thyme, a very little sweet marjoram, and a bay leaf, (take care the laurel leaf is not mistaken for the bay; the laurel leaf is near three times larger than the bay, and the laurel leaf is of a much brighter green) seven white pepper corns, two cloves, and one somewhat large blade of mace: take a stew-pan of a size, as near as you can guess, that will contain all the ingredients and room to spare; rub two ounces of fresh butter all over the bottom of the stew-pan, peel two of the onions, slice and put them here and there in the bottom of the stew-pan, with two small thin slices of carrot, one small thin slice of parsnip, parslly root, *French* turnip, and the root or close hard part of the fellery cut in three slices; observe, the roots must be clean'd and washed before they are used; over this put the fish promiscuously, here and there a piece, which should cover the bottom of the stew-pan, (which is a good method to know the right size the stew-pan should be); over the fish slice the rest of the roots, and put them all in the stew-pan except the fellery, sweet herbs, bay leaf and spice, put a common table silver spoonful of cold or hot fish broth, or broth made of roots, or water only; the fish broth is best, &c. cover the stew-pan, and set it over a slow, clear, fire for three quarters of an hour, after which set it on a brisker fire, and watch it; when the fish sticks to the bottom of the stew-pan without burning, it is enough drawn; to be the more certain, take a piece of the fish and turn it, to observe if it be of a fine
brown

brown colour ; if too pale, put on the cover and let it be on the fire a little longer ; put in five *English* pints of boiling-hot fish broth, or broth of roots, or only plain water ; the fish broth is best ; scum it, and put in about three silver tea spoonfuls of salt ; put in the fellery, bay leaf, thyme, sweet marjoram and spice, with a few fresh mushrooms ; let all boil till it is reduced to two quarts ; strain it through a lawn sieve ; but first take out the fish with a scummer ; the fish may be made use of for force-meat, or for filling a loaf to go in the soupe. This gravey is of great use for *maigrè* soupes, *ragous* and sauces. I would not have any of my readers hinder themselves from attempting this recèipt, or any other, because they have not every particular ingredient here mentioned ; for it may be made very good with the one half of them ; and, as I write to please palates in general, I hope no one will be offended, if they find any thing in the receipts which does not please them. I have reason to say this much ; for there are numberless palates who fancy they could not taste any thing where garlick or onions was used ; but this is a mistake : they could not indeed eat any thing where garlick or onion is predominant ; but in all the receipts in this work, however they may appear at first sight, yet, on trial, there will be nothing predominant of the onion tribe, but each of them will have a fine agreeable relish, and not one ingredient to predominate above the other.

Fish gravey en gras.

Observe every thing as in the last receipt, except the bottom of the stew-pan must be rubbed with the same quantity of scraped bacon as was mentioned before of butter; and, instead of using fish broth, use good rich broth, made of veal and ham. Fish gravey made in this manner will be much richer than the other.

Onion gravey en maigrè.

Peel eighteen middle-sized onions, slice them not too thin, put four *English* ounces of butter in a stew-pan, wherein put the onions, half a small carrot and a bit of parsnip sliced, put them on a briskish fire; stir them now and then till they are of a fine brown colour; then put in a quart of hot fish broth, or broth of roots, or only water, but broth is best; scum it, and let it boil for half an hour; after a quarter of an hour is expired, put in a slice of limon having the rine pared off; let this boil in it a quarter of an hour; add salt to your taste, and strain it through a lawn sieve: this is of great use in *maigrè* dishes, for it corrects the flavour of insipid food when used with moderation.

Note, this onion gravey may be made *en gras*, by the same rule; only instead of butter, use scraped bacon, and instead of fish broth, use meat broth.

Gravey of mushrooms en maigrè.

Pick, peel, wash and dry three or four handfuls of mushrooms; put in a stew-pan a quarter
of

of fresh butter with the mushrooms; if they be very small, leave them whole; if large, cut them in two or three pieces; put the stew-pan on a moderate brisk fire; stir them now and then with a wooden spoon, till they become brown; then leave stirring of them, and let them remain on the fire till the mushrooms stick to the bottom without burning; to this quantity of mushrooms put in a quart of fish broth, or broth of roots, with two tea spoonfuls of salt, a small slice of limon, with the peel cut off; let this boil six minutes, and it is done; stir it with a wooden spoon to cause that which stuck at the bottom of the stew-pan to mix with the rest; strain it through a lawn sieve, and keep it for use: this gravey is very good to heighten the flavour of *ragous* or sauces, &c. Observe, that the butter must be scummed off, and that mushroom gravey *en gras* may be made in the same manner as the above; only use rich meat broth instead of fish broth.

A gravey that may be made in five minutes.

Put a pint of hot water in any thing; heat a small pair of tongs red hot; pinch a lump of sugar between them, and let it drop into the water, which will turn the water of a fine brown colour; put a little salt in it, and use it for any thing you want; if this gravey is put under roast or boiled meat, it will answer the purpose exceeding well, it having no taste of itself; so that the gravey issuing from the meat, and mixing with it, gives it taste enough, and a nice palate may be deceived this way: if time will permit, the liquor

quor above mentioned may be boiled a minute or two with a little spice, such as a blade of mace, one clove, three black pepper corns, and two small onions sliced : this will make it much better.

Jus carniū collatum.

Cullis en gras.

Cullis is a kind of thick gravey strained thro' a tammy or *French* strainer ; it serves for a lear, (which signifies a liquid thickness), and to give an agreeable flavour to *ragous*, &c. There are several kinds of cullis. Here follows those which are in most esteem at present.

A brown cullis of veal.

I suppose a quart of cullis ; for this there must be first made a good veal-gravey, in this manner : take three pounds of the lean part of a white fillet of veal, half a pound of well-flavoured ham, which must weigh half a pound after the rine and outside is pared off, (the ham will be the better of having one third of it fat), half a small carrot, a bit of parsnip, two large onions, one small bay leaf, four single sprigs of thyme, a very little sweet basil, one clove of garlick, one blade of mace, five pepper-corns, two cloves, a handful of fresh mushrooms, one ounce of truffles and morels together, a little parfly, the slice of a limon, and near a gill of Champain or other white wine. Begin in this manner ; take a well-tinned stew-pan large enough to hold the veal, &c. ; cut the veal and ham in thin slices ; peel the onions and cut them in slices ; pare the
carrot

carrot and parsnip; cut them in slices also; disperse the fattest half of the ham on the bottom of the stew-pan; over which put half the onions with two or three slices of carrots; then half the veal and half the carrot and parsnip dispersed so as to cover the bottom of the stew-pan; over this put in the other part of the ham and veal, onions, carrot, and parsnip; cover the stew-pan, and set it over a clear fire for near three quarters of an hour; after which set it on a brisker fire; observe when the meat sticks to the bottom without burning; and, by turning a piece of veal, you find it has a fine brown colour; it is so far enough just at the time it issues forth a fine flavour, by which, if carefully observed, you may know when it is drawn enough; immediately put in three pints of good hot meat-broth, (see broth); scum it well, and put in one clove, the blade of mace, peppercorns, bay leaf, thyme, sweet basil, and half the parsley, being first grossly picked and washed; let this boil gently three quarters of an hour, and strain it through a sieve; take a piece of fat bacon about four inches square; cut off the lean part with the edge of a knife; scrape near a quarter of a pound off as fine and as smooth as you can; put this into a smallish stew-pan, with about a tea spoonful of sweet oil; put in the stew-pan one of our common-sized wooden spoonfuls of fine flour; set the stew-pan on a moderate brisk stove, and keep continually stirring the wooden spoon round and about the bottom of the stew-pan, till it becomes of a fine brown colour: one may easily perceive whether there

there is too much flour for the quantity of bacon ; for, if too much, it will be in a paste, and it will not be easily stirred about ; if this should happen, take off the stew-pan from the fire, and put in more scraped bacon, or a piece of fresh butter ; it should be no thicker than what will stir easily : a brown made this way either with melted or scraped bacon or fresh butter only, is called (*arous*) which signifies (*a brown*). Observe that, if the veal gravey is not high enough coloured, in such case make the *rous* higher coloured, which is easily done by letting it be longer on the fire : observe the contrary, if the gravey is too high coloured. The *rous* being of the colour you would have it, directly pour in the gravey with half a pint of good meat broth ; give it a stir or two with a wooden spoon, (the reason I mention wooden spoons so often which should be used for stirring, &c. is, that any hard metal would scratch all the tin from of the stew-pans, &c.) scum it lightly, after which put in one clove, half a clove of garlick, half the crust of a common sized *French* roll, a few fresh mushrooms being picked, washed, and grossly chopped ; put in also the morels and truffles, with a small slice of limon, after the rine is cut off ; let all boil softly for three quarters of an hour ; after which taste it, and, if it wants any thing your palate requires, put it in, and let it boil softly near half an hour longer : observe it must not reduce to less than a quart : being reduced by boiling, with the cover on, unto the above quantity, and to the thickness of cream, put in a gill of Champain or any other white wine that
has

has the nearest flavour of Champain ; strain it for use, either through a lawn-sieve, a tammy or *French* strainer, which is the same thing ; which last is much the best, and are now become very common ; they are to be bought at a few oil-shops in *London*. Mr *Julien* in *Germain-street*, near *St. James's* market, sells the best sort for three shillings and sixpence the piece.

The method of using a French strainer.

A *French* strainer or tammy is half an ell broad, and a yard long ; it is a kind of mixed stuff, three parts woollen and one linnen ; they are used for all sorts of cullis, and *blanc mangè* (white food) ; when they are new, you must season them in this manner ; break an egg in the middle of the cloth, yolk, white, shell and all ; rub this well in the cloth ; then rub it all out again in a pail of clean cold water ; rinse it out in another pail of cold water ; spread it, and hang it up to dry in a cool windy place ; for, was you to dry it near a fire, it would draw it up in a heap, and be useless : this is the way, whenever it is used, that it should be cleaned ; but, when the tammy is used in any thing that is greazy, in such case, the water it is washed in, must be a little warm ; the tammy being seasoned in the above manner, put it exactly even on a pewter soupedish, or any thing that is broad, and not very deep ; this being on a table, put one third of the hot cullis into the tammy ; gather the two corners of the tammy in your left hand ; another person, at the same time, takes hold of the opposite two corners ; one corner in the left hand, the

the other in the right, as far a distance as the breadth of the cloth will admit; the tammy must be held in this posture, about four inches higher than the soupe-dish; each person must keep the tammy tight by pulling each to themselves; the person who has one hand at liberty must take a wooden spoon in his right hand, and rub the spoon backwards and forwards till the cullis is all through in the dish; it is the back of the bowl part of the spoon which does this office; for which reason hold the spoon slanting a little: when the cullis that was first put into the tammy, is rubbed through, put in more; always each time you put in fresh cullis into the tammy, clear away any stuff that remains in the tammy, by taking of it up in the spoon and putting it into a plate, which you should have ready on the side of the soupe-dish; for was you not to clear away before you put in fresh cullis, it would clog the tammy up, and, in some kinds of cullis, you could not get it through at all; the cullis, before it is strained, should be on the right hand side of the soupe-dish, with a ladle in it: the above method you may observe till all the cullis is rubbed through: when the cullis is rubbed all through, and what remains in the tammy is taken out, scrape off what sticks on the outside of the tammy with the back of a knife, and mix it with the rest: as soon as there is a hole in the tammy, which sometimes happens before the tammy is half wore out, proceeding perhaps from an unlucky small bone among the composition; when this happens you need not pretend to mend

mend it; if you was, it would deceive you, and spoil the cullis, &c. for the nature of the stuff will not admit of mending: whenever this happens, get the good part of the tammy made into sieves, which will make three very good ones, two of the common size, and one small one for *blanc mange's* and creams, &c. which should be kept for no other use: any cullis, &c. may be rubbed thro' these sieves, which will answer the end of a tammy, and not be so troublesome; for one person may work it thro' a sieve, but it takes two persons to work it thro' a tammy. There is another property these sieves have; for, after they are sometime used, and washed in hot water, they grow thick; and if you strain broth or soupe through them, if there be any fat, it will remain in the sieve, and not go thro', unless you shake it thro' on purpose.

Another veal Cullis which does not require so much art in making, and is very good.

Take four pounds of a fillet of veal, spit it, and three parts roast it very brown; cut off all the brown half an inch thick; put it in a marble mortar while it is hot, with the crust of two *French* rolls; pound them extremely well in the mortar, till it is as fine as a paste; take it out, and put it in a stew-pan with three cracked pepper corns, one blade of mace, one clove, three single sprigs of thyme, one small bay-leaf, a very little sweet marjoram or sweet basil, a zest of limon-pill, and half a clove of garlick; put in the stew-pan half a pint of common gravey,

vey, and a pint of good meat broth ; it matters not whether the gravey or broth be hot or cold ; set it on a briskish fire ; put in salt to your taste ; let it boil for about two minutes, without scumming ; strain it through a tammy, or rub it thro' a lawn sieve ; add a glass of Champaign or other white wine. If you have any carcases of wild fowl that have been served at table, pound them with the veal ; it will give the cullis a fine flavour.

Cullis of Ham.

This cullis is made in the same manner as the first cullis of veal ; with this difference only, that there must be as much ham as veal ; the broth used in moistening should not be salt.

Cullis a l'Italien, or Cullis after the Italian manner.

Take half a pint of ham cullis, and put it into a stew-pan, with half a pint of any good clear broth ; put in an onion cut in slices, two cloves of garlick peeled and cut in two ; forty coriander seeds just cracked, one slice of limon with the peel pared off, a very little sweet basil, a handful of fresh mushrooms, being first peeled, washed and grossly chopped, two tea spoonfuls of sweet oil, the crust of a rasped *French* roll, one large anchovy washed and chopped, and seven capers grossly chopped ; let these boil ten minutes, and, in the last minute, put in a glass of Champaign or other white wine ; strain it off thro' a *French* strainer or sieve. This cullis is mostly used for *Italian* ragous.

A Cullis of Cray fish en gras.

To make which, you must provide yourself with a little more good veal gravey than you intend to have cullis ; which gravey should be of a pale brown colour ; which is very easily done, by not letting the veal stick so much to the bottom of the stew-pan, which will cause it to be of a paler colour. (See veal gravey.) Suppose you would make three pints of this cullis, you must have something above three pints of good pale coloured veal gravey, in which you should not spare ham. Take thirty cray fish, the inside coral, or red part of a lobster, three eggs boil'd about twenty minutes ; and put them in when the water boils, with eighteen sweet almonds, a young fowl trussed to roast, (the word *trussed* means made ready either for the spit, or pot,) two middle sized onions, four single sprigs of thyme, a very little sweet basil, the crust and crumb of a *French* roll, a quarter of a small carrot, a bit of parsnip, one middle siz'd *French* turnip, parsley root, one head of fellery, and one clove of garlick. Begin the cullis in this manner : the gravey being made, wash the cray fish in cold water, (the cray fish should be alive) ; then set a sauce-pan of water on the fire which should be large enough to contain the cray fish ; when the water boils, put in a small handful of salt ; immediately after, put in the cray fish ; they are known to be boiled enough when they change their colour to a fine red ; strain them off into a cullinder ; pick off all the shells and claws from the cray fish ; put these on a plate ;

plate ; break off the tails, and set them by themselves on a plate, to be ready for *ragous*, or to be put in the cullis, (which last is very common) ; pick all the reddest of the shells, and put them into a clean marble mortar ; the body of the cray fish is not used ; put in a common fiz'd pewter spoonful of broth or gravey, and pound them in the marble mortar with a wooden pestil, till they become as fine as paste ; take the pounded shells out of the mortar, and put it on a pewter plate by itself ; put the almonds in a sauce-pan of cold water ; set them on a fire, and, when it boils, take the sauce-pan off, and strain them into a sieve ; peel the almonds, and put them into cold water ; pick twelve of the clearest, whitest and firmest of the almonds ; put them into the mortar without cleaning the mortar for them ; put in with the almonds near a common pewter spoonful of clear cold water ; pound the almonds as fine as possible ; observe in pounding of almonds, to put into the mortar but one or two almonds at a time ; for was one to put them all in at once, and begin to pound, there would three parts of them fly out of the mortar on the ground ; or if the almonds are all put in at the first, you may put a cloth over the mortar while they are pounded a little ; and, after they are once bruised a little, there is no fear of their jumping out ; when the almonds are near half pounded, put in a few drops of cold water, which will keep them from oiling ; when the almonds are pounded like paste, put them on the plate where the pounded cray fish are ; while these were pounding, the fowl should be roasting, which should be rather under

under done than over done ; take it from the spit, and take off the brown skin and white flesh from the breast ; chop the white flesh small, and pound it in a mortar ; put in a spoonful of broth or gravey, to cause it to pound the easier ; pound it as fine as a paste ; take it out, and put it on the same plate with the almonds, &c. ; the lobster having been boiled in salt and water, pull open the body, and take out the red coral, and put it into the mortar, with three yolks of hard eggs ; pound these very fine, and put it on the same plate with the rest ; put into the mortar a little broth, and with the crumb of a *French* roll clean out the mortar ; put this crumb on the plate with the rest. Observe, the mortar is not to be cleaned the whole time these are preparing. The ingredients being thus forward, proceed in this manner : take a large stew-pan ; put therein near a quarter of a pound of good fresh butter, with about a tea spoonful of good sweet-oil ; put in the onions, carrot, turnip, parsnip, parsley root, and about an inch and a half of the root-part of the fellery ; all these cut in slices (being first cleaned) ; set the stew-pan on a moderate brisk fire, stir them now and then with a wooden spoon ; and when they begin to change colour, put in the hot gravey, sweet herbs, and a small bit of the garlick with one blade of mace, and the crumb and crust of a rasped *French* roll ; let this boil without scumming five minutes ; after which, put in the composition that was pounded in the mortar, with a slice of limon after the peel is pared off : mix this in the stew-pan with a
wooden

wooden spoon on the fire, but take care it does not boil; being well mixed, take it from the fire; put in a tea spoonful of salt, and rub it thro' a tammy; according to the thickness you would have it, put in more or less *French* roll; but cullis of any kind is not *à la mode*, or fashionable, to be thicker than common cream; after the cray fish cullis is strained, put it in a little pot to keep hot, with the cray fish tails. Observe this cullis must not boil; it may be rubbed thro' a common sieve; but then it will not be near so smooth, and consequently not so good; a few fresh mushrooms boiled in the gravey the cullis is made withal, is very good, and helps greatly to heighten a fine flavour in the cullis. If you have a cold roasted partridge by you, that has been served to table, I advise to pound the breast, and use it with the rest: if the cullis is likely to be too thick, in this case add broth to thin it to the medium you chuse it.

Lobster or Cray fish Cullis.

This cullis does not require so much art nor time in making; for, when all the materials and ingredients are ready, it may be made in an hour's time in the following manner.

Suppose an *English* pint of cullis. Take three pounds of the lean part of a nice fillet of veal, three quarters of a pound of the lean of ham after the fat and rine is taken off, one middle-sized onion, five cracked pepper corns, one small blade of mace, one clove, a quarter of a small clove of garlick, one single sprig of thyme, a very little sweet basil, half a small slice of li-
mon

mon without seeds or rine, two rasped *French* rolls, and two lobsters. Begin in this manner; chop the veal and ham together as small as possible; put it in a sauce-pan with a pint and a half of water; put in all the ingredients except the lobster; cover it and set it on a briskish fire, to boil gently for three quarters of an hour without scumming; and, in the mean time, break open the body of the lobsters, and take out the red coral, and pound it well in a marble mortar, with a drop of cold water to cause it pound the easier; take off the sauce-pan, and put in the coral that was pounded; mix it well, and rub it thro' a fine sieve; put in a very little white wine. This way it is lobster cullis; but put a few picked tails of cray fish in it, and then you may call it cray fish cullis.

Cullis à la Reine, or a Cullis after the Queen's fashion.

If three pints of this Cullis is wanted, you must be provided with two quarts of exceeding good veal broth, (See broth) highly seasoned with roots, herbs, spice, mushrooms, but not much ham, by reason the broth should be white, and too much ham is apt to turn the broth of an amber colour.

Take about forty large sweet almonds, one large fowl and a partridge, four yolks of eggs boiled hard, (which should not be over-boiled, for then the yolk turns black, and is of great detriment to the cullis) about three ounces of fresh butter, two tea spoonfuls of oil, two large onions, one small thin slice of carrot, two ditto

to of parsnips, three of parsley-root, and three thin slices of *French* turnip, three single sprigs of thyme, a very little sweet basil, a very little sweet marjoram, one middle-sized blade of mace, half a clove of garlick, the crumb of two *French* rolls, and half a slice of limon, void of seeds and rine. . Begin in this manner: the broth being made as above, the almonds would be the better of being steeped in cold water the over night, and, in the morning, the skins may be easily taken off. The almonds blanched after this manner, will be much whiter and firmer than if you was to blanch them in boiling water; as you take the skins off the almonds, throw them into cold water, observe if there be any yellow or rotten almonds among them, to sling them away; put into a clean marble mortar about a common pewter spoonful of new milk, put in the almonds two at a time, and bruise them with the wooden pestil of the mortar; put in a little more milk, and pound briskly till they become as fine as paste; while the almonds are pounding, put the fowl and partridge to roast, which being a little above three parts roasted, take them from the spit, pick all the brown skin from off the breast, and with a knife cut out all the white fleshy part from the breast of both the partridge and fowl, which put on a clean mincing board, and chop them very small; the almonds being pounded enough, take them out and put them on a plate, without washing the mortar; put in the minced breast of the fowl and partridge; put to the breast of the fowl and partridge in the mortar a common
pewter

pewter spoonful of broth ; pound it till it becomes as smooth as paste ; being so pounded, put in the mortar to the rest four hard yolks of eggs ; pound the eggs and it together for about ten minutes longer ; after which, take it out of the mortar, and put it on the plate with the almonds : have the veal broth hot in readiness. Take a sizeable stew-pan, and put in about three ounces of fresh butter, with about two tea spoonfuls of sweet-oil ; put in the stew-pan two largish onions cut in slices, with one thin slice of carrot, two ditto of parsnip, three of parslly-root, and three slices of *French* turnip ; set the stew-pan on a moderate clear brisk stove ; stir them about, and, before they change colour, put in the above mentioned broth, with three single sprigs of thyme, a very little sweet basil, and a very very little sweet marjoram, one middle-sized blade of mace, twenty crack'd coriander-seeds, half a clove of garlick ; put in with the rest the crumb of two *French* rolls ; let all boil slowly a quarter of an hour ; scum off the butter and oil ; put in the stew-pan the pounded meat and almonds, with a small thin slice of limon (the slice of limon should have the rine pared off, and the seeds taken out) ; mix the pounded ingredients with the rest, by stirring it on the stove with a wooden spoon ; but take care it does not boil ; put in salt to your taste, and strain it through a tammy or tammy-sieve ; in straining, you may add half a gill of cream, or a glass of boiled milk, and strain it all thro' together. This will greatly mend the colour of

R

the

the cullis. The whiter a cullis *à la Reine* is, the better.

A Cullis à la Reine,

Which does not require so much skill in the performance, neither is it so expensive nor tedious as the other.

Observe every thing as in the above receipt, except the partridge and fowl; instead of which, roast six pounds of a very white fillet of veal; the veal should be roasted an hour, or as much as though it was to be served to table, without being disguised: take it from the spit; pare all the brown from off the out-side of the veal, and put the white fleshy part on a clean chopping-board; mince it very fine; afterwards pound it exceeding well in a marble mortar, with a spoonful of broth to cause it to pound the easier with the yolks of eggs. Observe all the rest as in the other above. You may add the breast of a fowl, and roast no more than four pounds of veal; if the cullis is not white enough, put in a little boiled cream or milk. *Cullis à la Reine* are made for soupes or *ragous*; the latter will require the thickest cullis; it should never boil after it is made.

A Cullis à la Reine, which may be made in an hour's time.

Suppose a pint of this cullis be wanting, in such case, take three pounds veal from a very white cow-calf cut from the fillet; put in a stew-pan a pint and a quarter of boiling hot water; cut the veal into pieces about the bulk of half a small egg; put the bits of veal, so cut,
into

into the stew-pan, with any kind of seasoning you have readiest, or what will suit best with the palate you would please. As for the seasoning of cullis *à la Reine*, in general observe the first receipt. The veal being in, and what seasoning your palate requires, put on the cover of the stew-pan, and set the stew-pan, so covered and filled with water, veal and seasoning, on a clear brisk fire, where let it boil fifteen minutes; after which take it off the fire, and take out all the veal; which chop small, and pound it for ten minutes in a clean marble mortar, with a spoonful of broth to cause it pound the easier: while this is a pounding, put in the stew-pan all the crumb of a new *French* roll of the common size: set the stew-pan on the fire; put on the cover, and let it boil all the time the veal is pounding in the mortar; after that, take off the stew-pan, and put in the pounded veal; mix it well with a wooden spoon; add salt to your taste, and rub it with the back of a wooden spoon through a lawn or tammy sieve. This cullis may serve for soupes or white *ragous*. Observe the taste now in vogue is, to make all kinds of cullis as light and as thin as what they are designed for will permit, remembering that those for soupes must be thinner than for any other use.

The above method of making cullis *à la Reine* I apprehend will be of great use when time is wanting, or you have company to dinner on a short notice.

A green Cullis with green pease.

If a pint of this cullis be wanting, make a pint and half of rich veal broth. (See veal broth in Num. 1.) Boil a pint of young green pease in a little water, with a few leaves of green mint; let the water boil before the pease go in; put in near half a common table spoonful of salt; when they are boil'd tender, strain them into a sieve, take out of the sieve two common spoonfuls of the pease, and put them on a plate; put the rest of the pease into a clean marble mortar, with the crumb of half a *French* roll, and about two common spoonfuls of the liquor the pease were boiled in; pound it in the mortar without ceasing for ten minutes; put into the mortar the hot broth, and mix it well together; strain it through a tammy or a tammy-sieve; if it is too thick put a little of the liquor the pease were boil'd in; put into the cullis the whole pease which were set by on the plate, and keep it hot for use.

Purè vert, or green cullis.

Suppose a quart of this cullis, for which there must be provided near three pints of good veal broth, wherein ham is not spared; a quart of green pease out of the garden, or if they are not in season, take a quart of green dried slit pease, or if they are not to be had, yellow dried slit pease will do; take a quart of either of these two kinds of pease; tie them up in a cloth, not too tight, for they should have room to swell in the cloth; put the pease, so ordered, in a
 pot

pot of boiling water, where let them boil till they be tender, which will be in two hours if the pease are good ; while the pease-pudding is boiling, take some thing more than a common fiz'd sieve brim-full of good young green picked spinnage ; put the spinnage into a tub of water, with two or three green tails of young onions ; the green part of the tails of four heads of felly ; wash these in two or three waters ; take them out of the water into a cullinder to drain ; have a sauce-pan or pot on the fire, large enough to contain the spinnage ; there being about two quarts of water in the sauce-pan, when it boils, put in the spinnage, felly and young onion tails, with two table spoonfuls of salt ; let it boil without being covered for the space of six minutes, after which put it to drain in a cullinder ; squeeze out most of the water that remained in the spinnage ; put it into a marble mortar, and pound it for the space of twenty minutes ; take a sizeable stew-pan large enough to make the cullis in ; put into the stew-pan about a quarter of a pound of scraped fat bacon ; (the method of scraping bacon you will see in page 110.) with half a common spoonful of sweet oil ; put in the stew-pan, besides the scraped bacon and oil, two thin slices of a carrot, the same of parsnip, three thin slices of parly root, four very thin slices of *French* turnip, and two large onions cut in slices ; set the stew-pan on a clear brisk fire ; keep stirring the roots now and then, or with little intermissions. Before the roots begin to change colour, put in the hot broth, or near a pint more broth than you want cullis ; as soon

as

as the broth is in the stew-pan, put in three single sprigs of thyme, a very little sweet basil, a blade of mace, one clove, thirty cracked coriander seeds, and half a clove of garlick, let the stew-pan be covered; and it should boil seven or eight minutes slowly without scumming; after which put in the green spinnage which was pounded in the mortar, with as much of the pease-pudding as you can guess will make the cullis the thickness you would have it; mix it well in the stew-pan, with a wooden spoon, on the fire; and, just before it is going to boil, take it off, and rub it through a tammy sieve, or lawn sieve; keep it hot for use, but be careful it does not boil. This cullis is used for soupes, terrines and *ragous*.

A green cullis, which does not require above an hour making.

Suppose an *English* pint; take three pounds of veal (lean); ten ounces of lean ham free from skin or outside, having but very little fat to it; first cut the ham and veal into little bits with a common knife; after which chop it without ceasing, for ten minutes, as small as you can in that time; put the veal and ham so chopped in a sauce-pan with a pint and half of boiling hot water; put into the sauce-pan with the veal and ham, any seasoning you have readiest: the above receipt will inform you what is proper; cover the sauce-pan, and set it on a brisk clear fire, where let it boil for twenty minutes; while the broth is boiling, pick, wash and boil about three handfuls of spinnage; the spinnage must

must not be quite so much boiled as is usual; drain the spinnage in a cullinder; and squeeze out the water; pound it in a mortar till it is quite smooth; put in the sauce-pan the crumb of two *French* rolls broke in bits; let this have one boil up in the broth, and put in the spinnage directly; take the sauce-pan from the fire, and mix well the spinnage with the broth; add salt to your taste, and rub it through a lawn or tammy sieve; keep it hot for use, but do not let it boil; I would be understood, that, where I mention ham, lean bacon may supply the want of it.

On lentils.

For fear some of my readers should not understand what lentils are, here follows a description of them.

Lentils is a kind of small seed, round and flat, convex in the middle; thin towards the edge; hard and smooth coated; greatly like tars or fitches; there are several sorts of lentils; some white, others yellow; some reddish, others blackish; they are of two sorts; the one above as large again as the other; the white, the reddish and largest, are the best and wholesomest; but, if we believe some antient authors, there is no good quality belonging to them; they have this proverb, That the sagacious overcomes all difficulties, even to dress lentils, so as to become a wholesome food; on the other hand again we read, that lentils was so prized in *Athenæus's* time, that a famous phyfician wrote a treatise on the commendation of lentils; and

Diogenes

Diogenes commended them to all his scholars, for having a peculiar virtue to quicken the wit; I shall therefore study to find out some preparation whereby they may be restored to their former, or greater goodness. They grow in cold climates, as well as hot.

To make a cullis of lentils.

Suppose a pint of this cullis, for which you must have a pint and half of good pale coloured veal gravey, (See veal gravey); a pint of lentils which will be the better of being soaked in cold water the over night; in the morning drain the water from them; take a sauce-pan that has a cover; put the lentils therein; put in as much of any kind of meat-broth or water as will cover the lentils, (broth is best); likewise put in with the lentils a slice of lean ham cut, with a little fat to it; pare off the outside and rine; the slice of ham should weigh about five ounces; put on the cover, and set it on a slow clear fire; if the lentils are good, they will boil tender in an hour and half; but I advise to take time, especially if the lentils have not been tried before; for I have boil'd them three hours before they would be tender; the lentils being boil'd tender, put them into a coarse sieve to drain; take near three common table spoonfuls of lentils out of the sieve, which put on a plate to mark the cullis, as we term it; put the lentils which remain in the sieve into a clean marble mortar, with the top crust of a rasped common sized *French* roll; pound these till they become like a paste; take a stew-pan and put in three ounces of fresh butter,

ter; a tea-spoonful of good oil; two middle-sized onions peeled and sliced; two small thin slices of carrot, parsnip, turnip, parfly root, and the root part of a head of fellery cut in slices; set the stew-pan on a brisk clear fire; stir the roots with a wooden spoon every now and then; when the roots in the stew-pan are coloured of a pale brown, put in the gravey boiling hot with a small blade of mace, three single sprigs of thyme, a quarter of a small clove of garlick, and two bruised black pepper corns; let this boil without scumming, with the cover on, for the space of seven or eight minutes; take the lentils out of the mortar, and put them in the stew-pan; mix the gravey and lentils well together with a wooden spoon; taste it, and add a little salt if your palate require it; rub it thro' a tammy, lawn sieve or tammy sieve; put it in a little pot or sauce-pan, and keep it hot; put into the cullis the whole lentils which were put by, with half a small wine glass of Champagne or other white wine, and a small slice of limon, having the rine first pared off and the seeds taken out; keep it hot, but not boiling; take out the limon just before you serve the cullis.

This cullis is of use for soupes, terrines and *ragous*.

A cullis of lentils.

This cullis does not require half the time, half the trouble, nor half the expences as the other.

If a pint of this cullis be wanting, take a pint
S of

of known good lentils; put them to boil in a close covered sauce-pan in water, with a very little salt; if the lentils are very good, they will be boiled soft in an hour's time; while this is boiling, take three pounds of any raw meat you have that is not fat; chop it very small with four ounces of lean ham or bacon; put the meat so chopped into a sauce-pan with one pint and half of boiling water; set the sauce-pan on a moderate fire, and put in any seasoning you have readiest; the above cullis will inform you what is properest; put on the cover, and let it boil slowly for half an hour; when the lentils are enough, strain them off; save a few whole lentils on a plate to mark the cullis withal; pound the rest in a marble mortar with a wooden pestil till they become as fine as paste; strain the broth into the mortar, and mix it well with a wooden spoon; rub it thro' a tammy or a lawn sieve; put into the cullis a very little white wine, and the whole lentils, with a small zest of limon peel; the limon peel should not be larger than one fourth of a silver penny; keep the cullis hot for use.

Cullis of partridges.

Suppose a pint and half of this cullis be wanting. Take two partridges of a high flavour or *fumet*, as the *French* term it; truss them for the spit; over the breast of them tie a bard of bacon with packthread, (a bard of bacon is a broad thin piece of fat bacon); the bacon should be large enough to cover the breast of the partridge; put the partridges to roast before a
brisk

brisk fire; sprinkle a little flower all over the outside of them; let them be a little above three parts roasted, which they will be in twenty five minutes; take them off the spit; pull out the skewers; put the partridges directly as they come from the spit into a clean marble mortar; take off the packthread; pound the partridges with the bacon about them till they are as fine as a mummy; while some body is pounding of this, take a stew-pan, and put therein four ounces of fresh butter, a tea spoonful of oil; put into the stew-pan four ounces of lean ham cut into little bits the size of pin heads. The method of cutting the ham is this, first cut very thin slices, and then cut them into long narrow slips; cut these slips cross ways, and they are done: the ham being in the stew-pan, put in a small handful of green mushrooms grossly chopped, and the quarter of a clove of garlick cut small; put the stew-pan on a brisk clear fire, and stir it now and then till it begins to change its colour directly; as it is coming brown, pour in a quart of good veal-gravey; put in half the crust of a rasped *French* roll; let it boil five or six minutes; take it from the fire; put in a small zest of limon peel, a glass of Champaign or other white wine, and, directly after, put in the pounded partridge; set the stew-pan on the fire again, and let it simmer (but not boil) for two minutes; rub it thro' a *French* tammy or tammy sieve; observe, in straining it, not to rub it so dry as other cullis for fear the partridge bones should make it feel rough to the tongue.

Cullis

Cullis of partridge another way.

Make it directly in the manner of a veal cullis, (See veal cullis) with only this difference, that the bottom of the stew-pan being thinly covered with slices of veal, &c. put in partridges according to the quantity of cullis you would make. Slit the partridges, and, with a rolling-pin, break all the bones, put them over the veal, and finish the cullis like that of veal. This, as well as the other partridge cullis, is of great use in several sorts of terrines, pyes and ragous.

A brown Cullis of a capon.

Make a large capon ready for the spit; take out some of the inside fat, let it be a little above three parts roasted; if the fire is good, the capon will take but twenty five minutes; sprinkle some salt on it in roasting; observe, it should not be pale roasted; take the capon from the spit, and put it into a large clean marble mortar, and let it be pounded bones and all as much as possible; cut the crust of a French roll in little bits, fry them in a stew-pan with scraped fat bacon, till they are of a good brown colour; take off the stew-pan, and add the white part of three or four young onions cut small, a few fresh mushrooms grossly chopped, a little picked parsley and a very little sweet basil; set the stew-pan on a brisk clear fire for a minute, after which put in a little more pale-coloured veal gravey as you intend to have cullis; let it boil three minutes, after which put in a slice of limon without

out rine or seeds; take the stew-pan from the fire, and put in the pounded capon, mix it well and set the stew-pan on a moderate fire, where let it simmer (but not boil) for the space of three minutes, take it from the fire, and strain it thro' a tammy or tammy-sieve; observe, in straining, not to rub it so dry as other cullis, for fear the bones should make it feel rough to the tongue; put in a glass of Champaign, or half a glass of any other white wine; add salt to your taste, and scum off the fat. This cullis is good in pyes, &c.

N. B. It may be made without mushrooms.

Cullis of Ducks.

Is made with wild-ducks: the ducks should be free from any fishy or moorish scent; the method to know which, is to open the bill of the ducks, and then blow down their throats; directly after this, scent as low as you can in the mouth, and if there proceeds no ill flavour, they are right good.

Observe in this cullis, as that of partridge cullis, you may make a difference, by thickening it with some lentils boiled and pounded in a marble mortar. The lentils should be stewed tender in good broth, with a small slice of lean and fat ham or bacon.

Cullis of Pigeons.

This cullis is made directly the same as that of partridges.

N. B. The wild pigeons are best.

Cullis

Cullis en maigre

Cullis of cray fish.

The ingredients wanting for this cullis are, thirty cray fish, eighteen sweet almonds, two perches, three eggs, one lobster, three anchovises, three ounces of fresh butter, a little sweet oil, three onions, one parfly-root, one carrot, one parsnip, one French or common turnip, three single sprigs of thyme, a very little sweet marjoram and basil, a blade of mace, one clove, five pepper-corns, twenty coriander seeds, two common sized French rolls, one clove of garlick, a limon, and two quarts of good fish-broth, which will make something more than three pints of cullis.

The utensils wanting to make this cullis.

A sauce-pan to hold two English quarts, three clean cloaths called rubbers, a middle-sized marble mortar with wooden pestil, one common sized pewter spoon, three pewter plates, a sauce-pan to hold a pint and half, a pint poringer or bason, a common sieve, a common-sized tea-spoon, one common grid-iron, one cook's knife pointed at the end, one dridging or flower box, one three quart stew-pan, one common kitchen wooden spoon, one copper-tinned ladle that will contain a pint of water in the bore of it, one tammy or tammy-sieve, and a little soupe-pot and cover that will hold something more than two quarts, to put the cullis in when it is finished.

Begin

Begin in this manner.

Take thirty cray fish, wash them in cold water, set a two quart sauce-pan with a quart of water to boil; put in the cray fish with three table spoonfuls of salt; let them boil till you perceive the shell to become of a fine red, which is the true sign of their being boiled enough; take off the sauce-pan, and strain them into a cullinder or sieve; pick off the claws and all the shelly part of them, and the shells which are of the brightest red, put by themselves, which must be washed in cold water, to take off any whitish stuff which usually stick on the inside of the shells; put them between two cloaths, and dry them well; after this they must be put into a marble mortar, and therein pounded till they become a fine paste; take a pewter spoon, and with it take out the pounded cray fish shells; the tails should be separated from the body, and put between two plates, which should be set in a cool place to be ready when wanted; put the pounded cray fish shells on a pewter plate; observe, the mortar must not be washed the whole time the cullis is making; blanch eighteen sweet almonds in this manner; put the almonds into a pint and half sauce-pan, with a pint of cold water; set it on a moderate fire, where let it boil slowly for three minutes; take one of the almonds out, and try; if the skin will come off easily they are blanched enough; strain them out of the sauce-pan on a sieve; slip off the skins, and put the almonds in a bason of cold water; this is the common and only way of blanching almonds when you are in a hurry;
but

but when time permits, the best way is to put the almonds to soak in plenty of cold water the over night, and the skins will be easily taken off in the morning; the almonds blanched after this last manner will be as white again and more firm than those of the other way of blanching; pick twelve of the whitest and firmest of the almonds from among the rest; these twelve picked almonds being in cold water, put into the mortar half a table spoonful of cold water; drop the almonds into the mortar two or three at a time, and keep continually pounding them, which bruises the almonds as they drop, and hinders them from jumping out of the mortar, which they would do if they were put in all at once; the almonds should be pounded till they become a smooth paste; and while they are pounding, now and then should be put in a drop of cold water, which will keep them from turning to oil; with a pewter spoon take the pounded almonds out of the mortar, and put them on a pewter plate with the cray-fish; while the almonds were pounding, the perch should be broiling, either one large or two middle-sized perches; cut the belly open of the perch, and take out the guts; you need not take of the scales nor gills; wash the perch well in cold water, and dry it well with a cloth; put a grid-iron on a moderate fire, which must be very clear; when the grid-iron is thoroughly hot take it off the fire and rub it well with fresh butter; directly put the perch on the grid-iron, which set on the fire again; turn it every six or seven minutes; if the fire is moderate
and

and the grid-iron not set too near the fire ; the pearch weighs about one pound and a half ; it will take three quarters of an hour's broiling ; the pearch for this use should not be over broiled ; take the pearch off the grid-iron, and with a knife take off all the scales and skin ; take out the bones, and put only the white part of the pearch into the mortar ; likewise put into the mortar the yolks of three eggs taken from the white, after they have been boiled hard ; the eggs should not boil longer than twenty minutes, if you put them in when the water boils ; on the contrary, if they are put in the water cold, they will boil as hard in twelve minutes ; I am particular in this, because an egg over-boiled has a blackish yolk, and is not so good nor fit for use ; before you begin to pound in the mortar, put in the red coral that lies in the body of a lobster, with three anchovies that have no rusty flavour ; the anchovies should be washed and boned ; pound these extremely well ; it will not want any moistning in pounding ; all the above being in readiness, take a three quart stew-pan ; put in about three ounces of fresh butter with two teaspoonfuls of sweet oil ; three onions cut in slices, a small clove of garlick cut in three ; scrape a middle-sized parslly root, one small carrot, half a small parsnip, one large *French* turnip ; these being all cleaned, and cut into small thin slices, put them into the stew-pan, which set on a clear brisk fire without a cover ; keep turning of the roots in the stew-pan with a wooden spoon, till they begin to look brown ; directly put in the stew-pan two quarts of good fish-broth boiling
T hot ;

hot ; put in one clove, one large blade of mace, five cracked white pepper corns, thirty cracked coriander seeds, three or four single sprigs of thyme, a very little sweet marjoram and basil, three tea-spoonfuls of salt, and the crumb of two *French* rolls pulled into bits ; let these boil for the space of seven or eight minutes ; after which, take all the pounded compositions, and put them into the stew-pan ; rinse out the mortar with a little hot fish-broth, and add it to the rest in the stew-pan ; mix it well on the stove with a long handled wooden spoon ; before it boils, take the stew-pan from off the fire ; put in a thin slice of lemon free from seeds or rind ; rub it through a tammy or a tammy-sieve. (a tammy, and the method of working it has already been explained) If this cullis is intended for a *maigrè* soup it must be the thickness of thin cream ; but, if it is wanted for any *maigre*-made dish or sauce, it must be the thickness of good cream ; put the tails in the cullis, which gives it the distinction of a cray-fish cullis ; take care in keeping the cullis hot, that it does not boil.

Lobster Cullis.

This cullis may pass for a cray-fish cullis, and is made with half the expence, time, and trouble as the above.

Utensils wanting to make this cullis.

A sauce-pan and cover of a size suitable to boil the lobster, one three pint stew-pan, one wooden spoon, one marble mortar with wooden pestle, one broad hollow pewter or earthen dish,
one

one tammy or tammy-sieve, one pewter plate, one cook's knife, and one pewter spoon.

The materials wherewith the cullis is composed.

One largish lobster which has its body full of spawn, (these kind of spawn'd lobsters are known by the fish-mongers, even when they are alive) three ounces of fresh butter, a little sweet oil, two large onions, one clove of garlick, one small carrot, parsnip, *French* turnip, parslly root, and a white part of a small leek, one bay leaf, three sprigs of thyme, a very little sweet basil and marjoram, one lemon, five pepper corns, one clove, one blade of mace, and one *French* roll.

Begin in this manner. The lobster being alive, wash it well in cold water; after which, put it into a sauce-pan with three ounces of salt; pour on boiling water till the lobster is covered; put the sauce-pan on a brisk fire; cover it, and let the lobster boil twenty minutes; after which take off the cover; and, if the lobster looks of a bright red, it is boiled enough; when the lobster is cold, break the shell of the claws and tail; take out all the inside, and open the body of the lobster; take out all the coral, and lay it by itself on a pewter plate; cut one third of the lobster in thin slices, the breadth of the top of one's thumb; put this on the plate by the side of the coral; the remainder of the flesh of the lobster must be cut small; put the coral into a clean marble mortar, with a tea spoonful of the liquor the lobster was boiled in; pound this for five minutes; after which put in the lobster that
was

was minced small, with three tea-spoonfuls of the liquor the lobster was boiled in ; pound this till it become as smooth paste ; while this is pounding, take a stew-pan ; put therein three ounces of fresh butter, and about the quantity of two tea-spoonfuls of the best sallad oil ; cut the roots into thin slices ; put the stew-pan on a clear brisk fire, and directly put in the sliced roots, which keep stirring till they begin to change colour ; at which time sling in a common table-spoonful of flour, and stir it well together ; put in a pint of the liquor the lobster was boiled in, and a pint of clear boiling water ; put in the sweet herbs, spice, and a rasped *French* roll ; let these boil gently half an hour covered, without being scummed ; after that put in the pounded lobster, which will turn it of a fine red colour ; take it from off the fire, and mix it well with a wooden spoon, breaking the *French* roll in pieces ; put in three or four very small zests of lemon-peel, and strain it through a tammy, tammy-sieve, or a lawn sieve, rubbing it through with the back of a wooden spoon, to cause it to be the thickness of cream ; put into the strained cullis half a glass of white wine, a very little juice of lemon, and the sliced lobster. Observe it must not boil, but keep it hot for use.

Sauces embammata.

This is a liquor in which all kinds of meats are dressed ; there are numberless sorts according to what ragous, &c. they are designed for.

In examining the ancients, I do not find any sufficient apology for the use of sauces ; for
Plutarch

Plutarch affirms, that the antients never knew any sauces, but two, hunger and salt; the cooks of Athens vaunted, by their divers pickles, sauces, powders and mixtures, to procure any man an appetite; yet, in the end, they found that the best sauce is loathsome, without hunger. Dionysius, supping once (after hunting) with the Lacedæmonians, most highly extolled their black broth; afterwards eating of the same, another time, without exercise premised, he did as deeply dispraise it. The like we read of Ptolomy in Platina, and of Socrates in Tully's Tusculanes, who walked ever before meat a mile or two, to buy him the sauce of hunger. Anacharsis used to say, that dry ground is the best bed, a skin hardened with exercise the best garment, and natural hunger the best sauce: for over much hunger tasteth nothing better than over much satiety; the one loathing good things because of fullness, and the other commending bad things because of emptiness. Socrates compared the over curious seasoning of meat, and the Epicurean sauce-makers to common courtesans, curiously painted, and sumptuously adorned, before they entertained their lovers; whereby they stir up new lust in withered stocks, and make even the grey headed consume themselves. And again he says, what are these new found sauces but whores to edge our appetite, making us to feast when we should fast, or at least to eat more than nature requireth? also he resembleth them to tickling under the sides and arm-pits, which causeth not a true and hearty, but rather a convulsive

vulfive, and hurtful laughter; doing no more good to penfive persons, than hard scratching is profitable to a scall'd head, wherein it delighteth to its own hurt.

There is a notable history written of Alexander and Queen Ada, who, purposing to present the conqueror with her best jewels, sent him two of her best sauce-makers to season and dress his meat, commending their skill exceedingly in her letters; but Alexander, having bountifully rewarded them for their journey, returned them with this message, that he had a long time entertained two for that purpose, which made him better sauce to his meat, than any other could make in his judgement: Nyctoporia, night marching, which ever got him a stomach to his dinner; and Oligaristia, little dining, which never failed to procure him a stomach to his supper; shewing thereby, that exercise, before dinner and supper, are the best sauce-makers; because it excites hunger, which relishes, and even causeth us to digest all things. Salt, the second sauce of the antients, is not sufficient, nay is not convenient to all stomachs; for even old times afforded two sauces, salt and vinegar, the one for hot stomachs, the other for cold; knowing well enough that appetites are not procured in all men alike, by reason want of appetite arises from different causes.

He, who thinks it a crime to allure a sick man to meat by delightful and pleasant sauces, seems to me as froward and fantastical, as he who would never whet his knife; and for what end has nature brought forth such variety of herbs, roots, fruits,

fruits, juices and spices, fit for nothing but sauces; but that by them the sound should be refreshed, and the sick men allured to feed upon meats, for whom an over strait abstinence is as dangerous, as fulness and satiety is inconvenient; for 'tis certain, for strong and able persons, the best sauce is exercise and hunger: but as there are many men, whose trade of life, and state of health is such, that, either they cannot exercise themselves abroad, or else are not able, through weakness, to do it at home, (whereupon want of appetite, and want of digestion, the only founders of sauces must ensue); for the stomach often wants appetite, proceeding from cold and raw humors furring the same, and dulling the the sense of feeling in the mouth thereof; so we may conclude, that, as much as the right use of sauces is beneficial, (to health) even so much the abuse of them is detrimental.

Sauces en grâs.

(The word grâs has been explained in the first number of this work.)

Cerfeuliad or chervile sauce for chickens.

To make half a pint of this sauce in the best manner, you must have half a pint of good well seasoned veal-broth.

Take one pound of good white veal, free from bone, four ounces of well flavoured ham, one carrot, one parsnip, two small cloves of garlick, thirty coriander seeds, about two handfuls of chervile, one ounce of fresh butter, and a very little sweet oil.

Begin

Begin in this manner. Cut the fattest of the ham, and lay it at the bottom of a small stew-pan; upon which put one slice of onion, one slice of carrot, and then the veal cut in three slices; over the veal put the remainder of the onion, one slice of parsnip and carrot; cover the stew-pan, and set it on a slow clear fire for twenty minutes; after which make the fire brisker; and, when the veal sticks to the bottom without burning, put in half a pint of veal broth, and half a pint of boiling hot water; scum it and put in a common table-spoonful of sweet oil, two small cloves, garlick, and thirty coriander seeds; cover the stew-pan, and let these boil slowly, till the half be reduced; after which, strain it through a fine lawn sieve; blow off the fat, and put this liquor in a small clean stew-pan; pick the chervile from dead leaves and great stalks; wash it well, and blanch it for three minutes in boiling water; after which put it into cold water; squeeze it lightly and chop it grossly; put it into the stew-pan with the half pint of pale-coloured gravey; set it over a moderate brisk fire, where let it boil for seven minutes; put in about an ounce of fresh butter rolled in flour; and let it boil a minute longer, and the sauce is done. This sauce suits all kinds of white meats, boiled or roasted.

Sauce à la neuvaine.

Neuvaine signifies the nine muses; as this is ridiculous for the name of a sauce, and as there are many of the same stamp, I shall pass by the explanation of them.

Put

Put about nine tea-spoonfuls of sweet oil in a small stew-pan, with nine middle-sized white onions, peeled and cut in thick slices; put in a quarter of a pound of ham, cut into nine thin pieces; set the stew-pan on a clear fire; keep the onions moving for two or three minutes; after which, put in near a pint of good veal-broth; let it be covered, and stew it very slowly, till the onions be quite tender; after which, blow off the oil, and put a dash of vinegar (a little); serve this sauce under pork, ducks, or stewed-beef.

Sauce a la cressme.

Put in a small stew-pan about a handful of fresh mushrooms, with two ounces of fresh butter, a small slice of ham, and a faggot of sweet herbs (which is made in this manner); peel two or three young onions with green tails; put to them a little parslly, two cloves, half a bay leaf, and four single sprigs of thyme; double the tails of the onions over these, and tie it with pack-thread; (and this is called a faggot) put the stew-pan over a brisk fire, and give it three or four tosses, so as to cause the ingredients to fry on all sides; put in a common table-spoonful of flour; mix it with the rest for a minute, on the fire; put in near a quarter of a pint of good veal-broth; let all boil four minutes; after which, put in half a pint of good thick cream; let it simmer on a slow stove, for about seven minutes; strain it through a fine sieve for use. This sauce does well for veal, and poultry.

Provisions for the Month of FEBRUARY.

The provisions for the month of *February* differ very little from that of *January*.

Fish-monger.

Lobsters, cray-fish, shrimps, cockles, mussels, oysters, brown sturgeon, carp, tench, fresh cod, salt cod, haddocks, whittings, thornback, maids, eels, pike, plaice, dabs, flounders, soles, herrings, sprats, gudgeons, smelts, perch, holeberts, chubs, mullets, salmon, ling, and weavers. Some of these are not to be had unless the weather prove mild.

Poulterer.

Turkeys, capons, pullets, and hen-turkeys ; with eggs, fowls, chickens, geese, hares, rabbits, and all kind of wild fowl, as woodcocks, snipes, partridges, feldefares, larks, plover, teal, easterlings, and pheasants.

Butcher.

Beef, veal, house lamb, mutton, and pork.

Green grocer.

Roots, *Jerusalem* archichokes, carrots, skerits, beet roots, *French* and common turnips, parsnips, parfly roots, scorsonary, and falsify, horse rhadish, potatoes, onions, leeks, garlick, shallot, and rocombole.

Herbs.

Spinnage, parfly, thyme, winter savory, sweet
and

and pot marjoram, marygolds, sweet basil, and dried taragan, *Spanish* chardoons, fellery, endive, water cresses, sage, beet leaves, favoys, white and red cabbage, green and brown kail; if the weather proves mild, there will be chervile, burnet, and cabbage lettice.

Fruits.

Apples, pears, limons, china and seville oranges, medlars, quinces, chefnuts, and forced asparagus.

The Method of making Sauces.

[continued from page 153.]

Sauce hashe.

Take two ounces of truffles and morells; put them in a sauce-pan with a pint of water; set them on the fire to boil slowly for half an hour; strain them into a sieve, and wash them in cold water, to take out all the sand which is apt to stick in the morells; put these on a clean table, to be chopped with the following ingredients, one handful of fresh mushrooms, being first washed and picked, the tender leaves of two heads of fellery, one handful of chervile, half a handful of burnet, with a little sorrel, a little parslly, a little of the heart of a green favoy, (cabbage) and three green young onions, with about thirty capers; all these being chopped exceeding small, take a small stew-pan, and put therein two table-spoonfuls of oil, the chopped herbs, and four ounces of lean ham, cut in one
thin

thin slice ; cover the stew-pan, and set it on a slow clear fire, where let it simmer for an hour ; after which, put in a pint of any good broth ; let it boil slowly (covered) till it is reduced to half a pint ; add salt to your taste, with a very little beaten pepper ; some palates like a little vinegar in it, or the juice of limon ; but I think it best without either. This sauce is greatly used for beef *tremblant*, tripe, tame fowl, and most kinds of fresh meats.

Sauce for a roasted, or spitch-cock'd eel.

Take a gill of good gravey ; put it in a small sauce-pan, with a very little limon-peel, two anchovies washed, boned, and chopped small, and half a bay-leaf ; let these boil slowly (covered) for ten minutes, and then put in a glass of red wine ; thicken the sauce with a piece of fresh butter (the bigness of a small egg) rolled in flour.

Sauce à la St. Clou.

Blanch a handful of parslly with the hearts of two cabbage lettices ; put them into cold water, and squeeze them well from the cold water ; make ready a clean marble mortar, and there pound them, for ten minutes successively ; after which, put them in a very small stew-pan, with near a pint of very rich veal broth, wherein ham has not been spared ; put in one clove of garlick ; cover the stew-pan, and let it boil gently for half an hour ; after which strain it through a tammy or tammy-sieve ; put into a small clean stew-pan four yolks of eggs boil'd hard, being
first

first chopped exceedingly fine ; put the strained sauce to the eggs ; make it hot without boiling ; and serve with the juice of half a limon.

Sauce à la Romain.

Put in a small stew-pan one pound of veal cut in three slices, a quarter of a pound of ham cut in two slices ; cover the stew-pan, and set it on a slow fire, that the meat may throw out its gravey ; after which, put the stew-pan on a brisker fire ; and, when the veal begins to stick to the bottom of the stew-pan, put in a full glass of white wine, with a quart of rich veal broth ; cover the stew-pan, and let it boil (moderately brisk) till it is reduced to a little more than a pint ; strain it through a lawn sieve ; put this gravey into a small clean well-tinned stew-pan ; cover it, and set it on a clear slowish fire ; let it reduce to the quantity of half a pint. The sauce being done so far, pick, wash, and drain the following herbs, one handful of chervile, one handful of burnet, half a handful of balm, and about half a dozen tender sprigs of taragan ; blanch all these for three minutes in boiling water ; take them out, and put them into cold water ; drain and squeeze out all the cold water from them ; put the herbs, so ordered, into a clean marble mortar, and pound them with a wooden pestle, till they become as a paste ; take it out of the mortar, and put it into the stew-pan with the gravey ; set the stew-pan on a brisk fire, and, just as it is going to boil, take it from off the fire, and strain it through a lawn or tammy-sieve ; put in the juice of near half a limon, and three white pepper corns
grossly

grossly pounded, and the sauce is finished. Observe not to make the above gravey high-coloured. This sauce is good and fit for boiled and broiled tame fowl, veal, and tripe; and most palates like it to beef *tremblant* (which kind of beef will be explained in its proper place.)

Sauce au reveil matin.

Take three quarters of a pound of veal, free of fat and bone, one quarter of a pound of ham, free of skin and fat; cut them into very small square pieces; put them into a small stew-pan with two common table-spoons near full of sweet oil; set the stew-pan on a brisk clear fire; keep it moving till you perceive the ham and veal begin to change colour; then take it from off the fire, and put in half a clove of garlick, one whole shallot, two cloves of rocombole, a very small faggot of sweet herbs, (see page 153.) one middle-sized onion stuck with three cloves, a small blade of mace, a very little ginger and cinnamon, thirty leaves of balm, one slice of limon without peel, one glass of champaign, or other white-wine, three quarters of a pint of good veal broth, and one glassful of white-wine vinegar; cover the stew-pan, and set it on a clear slow fire; when, by boiling slowly, the liquor is reduced to half the quantity, take off the fat with a thin-edged spoon, as clean as you can; put into the stew-pan about the quantity of three table-spoonfuls of good veal cullis; (see veal cullis page 116.) cover the stew-pan, and let it boil slowly till it is reduced

to a little more than a gill, as near as you can guess; strain it through a lawn or tammy-sieve. This sauce may be used for venison, or any thing your palate likes.

A white sauce a la Reine.

Take one pound of veal free from bone or fat, four ounces of ham free of skin and fat, cut these into very small square pieces; likewise cut into very small square pieces, two middle-sized onions, one single handful of mushrooms, and one clove of garlick: take a small stew-pan, and put in two table-spoonfuls of sweet oil; set the stew-pan on a brisk fire, and, just before the veal and ham is going to turn brown, put in a pint and half of good hot veal broth, and one glass of white-wine. Cover the stew-pan, and let it boil very slowly for an hour; scum off the fat, and, with a scummer take out the ham and veal; put into the liquor that remains, the crumb of a *French* roll, being first soaked for an hour in cream; mix it well together, and strain it thro' a tammy or tammy-sieve; in rubbing it thro' the tammy, put a gill of cream, (a little at a time) so that nothing may remain in the tammy; after it is rubbed thro' the tammy or tammy-sieve, mix it well with a spoon, and warm it *au bain Marie* (which has been often explained before) this sauce is mostly used for veal and tame-fowl.

Sauce a la pimbeche.

Take half a pound of veal free from bone and fat, three ounces of ham free from skin and fat;
cut

cut these into very little square bits, not much larger than pin-heads; put the veal and ham so cut into a small stew-pan, with a little parfly tied up in a bunch, two young onions cut small, half a clove of garlick cut small, three cloves, half a bay leaf, and about three or four fresh mushrooms cut small; put in a table spoonful of oil; set the stew-pan over a brisk fire for three minutes, keeping it moving; put in half a pint of very rich veal broth; cover it, and set the stew-pan on a slow fire; where let it boil gently for the space of half an hour; scum well off the fat, and strain it into another small stew-pan; a little before you serve this sauce, put in two or three dozen peeled pistachiea nuts, three cloves of rocombole, each cut in two, a very little grated nutmeg, and the green tails of six small young onions which must be first blanched and chopped small; serve this sauce very hot under mutton, &c.

Sauce à la Princesse.

Put in a small stew-pan about two ounces of fresh-butter, two ounces of ham free from skin and fat, in one slice; likewise put in the stew-pan half a bay leaf, a little chopped parfly, truffles, mushrooms, and one young onion; put the stew-pan on a brisk fire, and keep it moving for two minutes; after which put in half a pint of rich veal broth, half a glass of champaign or other white-wine, a very little salt, and three white pepper-corns grossly pounded, &c.

